



## What is Triple P?

Triple P is a parenting program, but it doesn't tell you how to parent. It's more like a tool box of ideas. You choose the strategies you need. It's all about making Triple P work for you.

## What does Triple P Do?

Raise Happy, confident kids, manage problem behaviour, set rules and routines, encourage behaviour you like and develop positive relationships, Learn to take care of yourself as a parent and help you feel more confident you are doing the right thing.

### THE AIM:

It aims to manage problems in the family, school and community before they arise and to create family environments that encourage children to realize their potential. Triple P draws on social learning, cognitive behavioural and developmental theory. It aims to equip parents with the skills and confidence they need to be self-sufficient and to be able to manage family issues without ongoing support.

It is universally successful in improving behavioural issues as well as having a real focus on developing positive relationships, attitudes and conduct.

**Where:** Wealdstone Youth Centre

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**Early Support**  
Small Steps - Lasting Change