

TRIPLE P - FPS ENHANCED POSITIVE PARENTING PROGRAM

www.triplep.net

Common things Triple P can help with:

- Teaching children new skills and behaviors
- Supporting positive behavior in children
- Improving parent-child relationships and bonding
- Safely dealing with difficult or challenging child behaviors
- Getting on the same page with a partner about parenting challenges
- Safely coping with the challenges of parenting
- The provider can participate in case planning meetings, help with connections to community resources, and assist with basic needs. They are also available 24/7 for crisis support.

What is Triple P?

- A program that helps parents and caregivers learn safe and useful parenting goals.
- The program usually takes about 10-17 weeks. Some sessions are with you and your child, and some are just for you to work with your practitioner.
- It can occur in your home or another place that is better for your family.
- It will focus on your plan and what you think will work with your child/children.

Who benefits from Triple P?

- Parents of children between ages 2-16 who are experiencing moderate to significant challenges with their child's behavior and who want to improve their relationship with their child. Parents who want to figure out different ways for safely managing challenging parenting situations.

Triple P is for: Natural families, kinship care families, adoptive families, and foster families.

Triple P consists of:

Assessment: The first sessions are focused on making sure you and your provider are on the same page about what the biggest challenges are, what you and your child's strengths are, help you understand why the problems are happening, and what your goals are for change.

Coming up with a plan: The next sessions consist of reviewing different strategies that have worked for other parents. You will have a chance to focus on a couple of strategies that you think might be useful for your family.

Working on goals: In the next sessions, you will have a chance to try out the different strategies and work with your practitioner to make sure that you have a plan that meets your needs and goals.

Planning for the future: The next sessions are spent working with your practitioner on strategies for managing 'high-risk' situations that many families find challenging. These are different for every family, but examples are things like shopping in public, having visitors to the house, or going to the doctor's office.

Other sessions may include:

Skills for avoiding common parenting traps

Strategies for managing angry feelings and understanding the role of anger in parenting

Program End: In the final session you will have a chance to celebrate your success and also plan for the future. This may include identifying and planning for challenging situations or events, or how to persist with your plan when you are stressed or going through change.

Possible additional supports: Additional sessions may be available if you and your practitioner think that partner support, coping skills, or extra practice sessions will help you achieve your goals.