

What is Triple P? informal description

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For toddler tantrums to teenager's defiance, from bedtime dramas to outright disobedience, Triple P helps parents handle the everyday issues that can make family life stressful.

What is Triple P?

As a parent, you want to do what's best for your child, but sometimes bringing up kids is a struggle. Fortunately, the Triple P—Positive Parenting Program can help.

Triple P is a scientifically researched program that gives you the skills you need to manage misbehavior and prevent problems from happening in the first place.

From toddler tantrums to teenager's defiance, from bedtime dramas to outright disobedience, Triple P helps sort through the issues that affect families everywhere—giving your child the best start to life.

What is Triple P?

When you become a parent you're expected to be an instant expert. But all parents struggle from time to time—and that's where the Triple P Positive Parenting Program can help.

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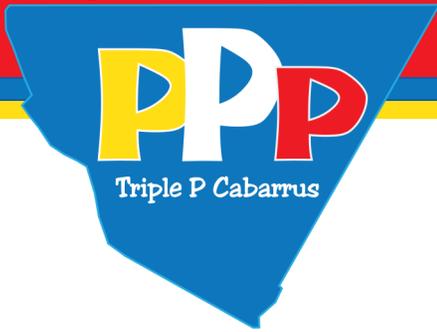
And you can be confident that Triple P works. It has more than 30 years' ongoing scientific research to back it up and is now used in more than 20 countries around the world.

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When you're a parent, everyone has advice. But with so many conflicted opinions around, how do you know what's best and what works?

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To understand how Triple P works, think of it as a toolbox of ideas. You choose the tools you want to make your family life better. You can adapt Triple P's ideas to suit your culture, beliefs and personal situation, using them to build better relationships with your child, solve problems, become a more confident mom or dad—and give your child the best start to life.

Another great benefit of the Triple P program is that it only gives you the amount of help you really need. So you can choose anything from a one-off seminar to detailed group courses or personal support.

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