

Being



and



is



Would you like some help keeping it that way?

Triple P is a positive parenting programme, but it doesn't tell you *how* to be a parent. It's more like a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them. It's all about making Triple P work for you.

Triple P is for parents who may be seeking support in managing difficult behaviour, or who would benefit from opportunities to build confidence and to consider additional strategies to deal with difficult situations.

'Triple P' stands for
'Positive Parenting Program'

Speak to your Health Visitor for more
information