



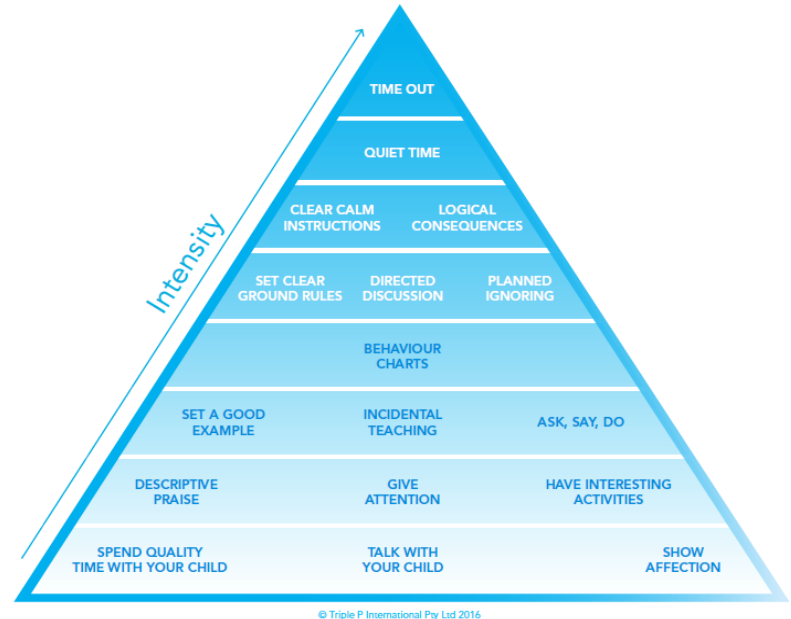
WHAT IS TRIPLE P PARENTING?

The **Positive Parenting Program (Triple P)** provides flexible, evidence-based tools designed to meet specific parenting needs, covering children from birth to age 16. **Triple P is flexible** – parents can enter at any level and based on parent needs and interests. **The goal of Triple P** is to offer parents the opportunity to build skills and confidence, providing as much help as needed without over-servicing. **Triple P is in 40 US states, 25 countries and is backed by 35 years of research.**

The Triple P Strategy Pyramid helps parents start with simple, positive parenting strategies and adds more supportive strategies only if needed. **Begin at the base to prevent problems, then move up step-by-step for tougher challenges.** Triple P Parenting is focused, effective, and never more complicated than it has to be.

Triple P is a framework that shifts the focus from simply controlling child behavior to fostering a positive, consistent environment where relationships thrive and behavior naturally improves.

Using helpful, positive parenting strategies determine if the stressors of family life become opportunities for growth and healing—or reinforce negative behavior and cause further harm.



Positive Attention (“Catch Them Being Good”)

- Be intentional: look for small wins, not just big behaviors
- Use specific praise: “I love how you started your homework right away”
- Pair attention with eye contact, smiles, and warmth
- Aim for a 5:1 ratio of positive to corrective interactions
- Builds confidence, motivation, and connection

Clear, Calm Instructions

- Get your child’s attention first (name, eye contact, proximity)
- Use simple, direct language: “Please put your shoes on now”
- Give one instruction at a time
- Avoid questions when it’s not optional (“It’s time to clean up” vs. “Can you...?”)
- Follow with praise or consequence depending on response

Consistent Consequences

- Be predictable: same behavior = same response
- Keep consequences immediate, calm, and proportionate
- Use a mix of:
 - Positive consequences (praise, rewards)
 - Negative consequences (loss of privilege, time-out)
- Follow through every time—this builds trust and learning
- Avoid emotional reactions—stay steady and neutral

Quality Time & Connection

- Schedule regular one-on-one time (even 10–15 minutes matters)
- Let your child lead the activity—follow their interests
- Be fully present: no phone, no multitasking
- Use this time to listen, laugh, and connect
- Strong relationships = better cooperation and emotional resilience

Planned Ignoring

- Use for minor, attention-seeking behaviors (whining, eye-rolling, etc.)
- Withdraw attention: no eye contact, no verbal response
- Stay calm and consistent—don’t “break” midway
- As soon as the behavior stops, re-engage with positive attention
- Teaches kids what doesn’t work to get attention

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