**The Triple P- Positive Parenting Program** began in Australia at the University of Queensland and is being used in select counties in South Carolina and around the world in 14 different countries like England, Germany and Japan. Triple P offers suggestions and ideas to help parents:

- build positive relationships with their children

- praise and encourage behavior they like

- teach children new skills

- set rules and give instructions that their children will follow

- respond to misbehavior immediately, consistently and decisively

- use discipline strategies that work

## Why "Positive Parenting"?

Parenting can be:

- rewarding

- enjoyable

- demanding

- frustrating

- exhausting

**The Triple P - Positive Parenting Program** shows you how the core principles of positive parenting can help your family.

For more information or to find Triple P providers in your area visit our Web site at:

http://tpinfo.sc.edu

or call:

1-877-KIDZWIN
(1-877-543-9946)

**Small Changes, Big Differences**

## Triple P
### Positive Parenting Program ®
### for every parent

# Helping Families Find "A Better Way"

# "There's Got to Be a Better Way"

"I'm tired of blowing my stack. I'm tired of going to bed angry and then feeling guilty that I've yelled at my children. There's got to be a way that we can communicate with each other and make it a house we can all live in – make it a home. There's got to be a better way."

–A mother of three from Lugoff

The **Triple P – Positive Parenting Program** offers a better way – a better way to deal with misbehavior, a better way to communicate with children, a better way to build a positive and loving relationship with children and a better way to instill a sense of positive and healthy self-esteem in children.

Triple P does that by offering parents options. Triple P recognizes that what works with one child may not work with another child. Each little human being is different, with different quirks, different gifts, different faults and different feelings.

Triple P isn't a one size fits all parenting program – we offer parents tools to deal with everyday misbehavior like whining and temper tantrums. We say that Triple P is for every parent, whether your child acts up a little or a lot – Triple P has a strategy that can help you build a better relationship with your child and minimize misbehavior.

Triple P is based in 25 years of research and the impact of the program is being seen all over South Carolina. In York County, foster mother Nan Goforth (pictured) said three-year-old Lisa, "would run into the wall and get a knot on her head and get up and do it again. She was biting herself. I had no control over anything she did. I was scared to death she would hurt herself."

Goforth was skeptical about the program at first. She said, "How was anyone else going to teach this child to do anything? I'm not teaching her anything so how can someone else teach her anything in 30 minute sessions once a week?"

But, after working with a Triple P provider, Nan and her husband Tom were believers.

"She's a totally different child," Nan said. "I couldn't get over how she changed once I changed. I learned different parenting skills that in turn helped her. Triple P showed me how to love Lisa into doing what she needed to do."

Nan found that Lisa changed when *she* changed. When Nan learned how to become a better parent, her child changed. That's what Triple P does – offers parents a chance to better their skills, to build confidence in their skills and have that work rewarded by seeing their children's behavior improve.

Triple P is here for every parent, because every parent – at one time or another – has a misbehaving child, and every parent eventually needs new strategies and tools to do what the Goforths did and what that Lugoff mother wants to do – make their house a home.

**Triple P**
Positive Parenting Program ®
*for every parent*

"Everything is going better every day. The Triple P program helped me and my family. So, I just thank Triple P."
- Triple P participant

"My child was not the problem. I was. Once I stopped babying her, she quickly established her independence. I learned that I am the one who needs to change."
- Triple P participant