



# Smart Start Triple P

## Positive Parenting Program® Selected Seminars

### What does a Triple P – Selected Seminar look like?

- A series of three (3) 90-minute positive parenting seminars. Each seminar can be taken as a stand-alone seminar or as part of a whole series.
- Conducted in a group setting (ideally 6 – 15 parents per group)
- Smart Start of NHC partners with other community organizations to host a series of seminars. The seminars are usually held at partnering agencies but might also be held at the Smart Start office
- Childcare, food, and transportation might be offered at the discretion of the hosting community organization
- Dates and times are determined by the hosting community organization

### Who is Triple P - Selected Seminars for?

- Parents of children birth to 12 years old
- Parents who are not seeking a long-term parenting program, but wish to get more general parenting information or who might have a specific concern about their child's development or behavior
- Participants are usually clients and families served by the hosting organization, however, hosting organizations may also invite the general public to attend as well

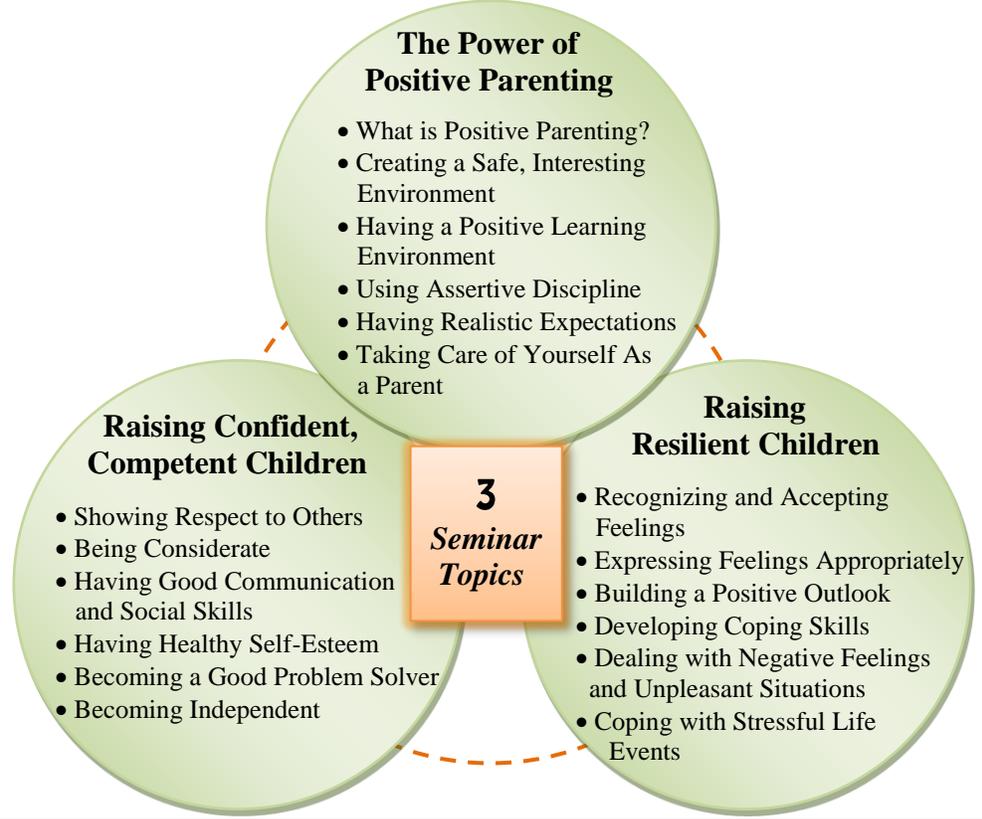


## What is Triple P?

Triple P is an effective parenting program founded on more than 25 years of clinical research at the University of Queensland's Parenting and Family Support Centre. It offers evidence-based principles and advice to enhance parents' confidence as they promote their child's social, emotional, and behavioral development.

### Triple P- Selected Seminars Program Objectives:

- Create a supportive learning environment where parents can receive practical information that they can incorporate into everyday interactions with their children
- Increase parents' confidence and competence in managing common behavior problems and developmental issues
- Reduce parenting stress associated with raising children
- Create a stable, supportive, harmonious family environment



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