



# Smart Start Triple P

Positive Parenting Program®

## Who is Triple P for?

- Parents of children birth to 12 years old.
- Parents must be referred by the NHC Dept. of Social Services

## Parents can choose day or evening classes

### Day Classes

Tuesdays, 10:00am – 12:30pm

### Evening Classes

Mondays, 6:00pm – 8:30pm

### Day Classes \*

July 7 – Sept. 1, 2015  
 Sept. 15 – Nov. 10, 2015  
 Nov. 17, 2015 – Jan. 12, 2016

### Evening Classes \*

July 6 – Aug. 31, 2015  
 Sept. 14 – Nov. 9, 2015  
 Nov. 16, 2016 – Jan. 11, 2016

\* All dates are subject to change based on demand.

## What does a Triple P group look like?

- 10 - 12 parents per group
- 9 weeks per session - 6 group classes and three one-on-one visits
- Snacks provided
- Classes are held at the Smart Start office
- A limited number of child care slots are available (snacks and other necessities must be provided by the parent)
- Limited transportation available (evening class only)



## What is Triple P?

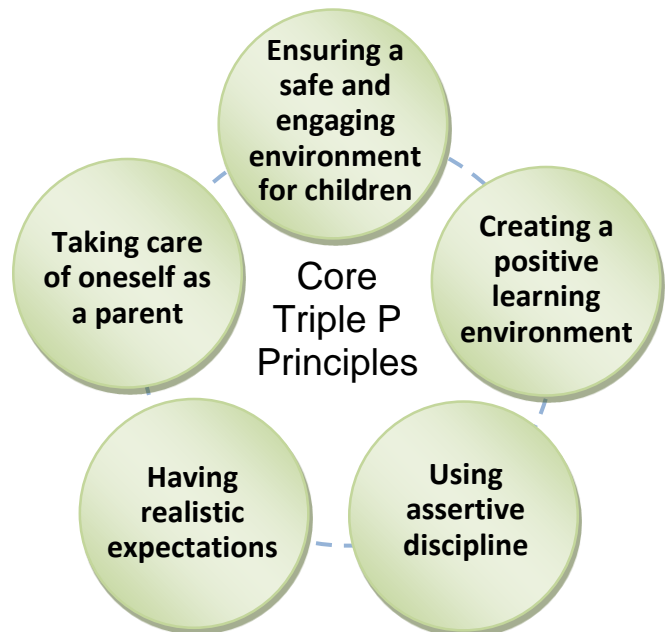
Triple P is one of the world's most effective parenting programs. Founded on more than 25 years of clinical research at the University of Queensland's Parenting and Family Support Centre, it offers evidence-based principles and advice that are effective for many parents.

Triple P gives parents the skills they need to raise confident, healthy children and teenagers, and to build stronger family relationships.

***Triple P doesn't tell people how to parent. Rather, it gives them simple and practical strategies they can adapt to suit their own values, beliefs and needs.***

### Triple P helps parents:

- Create a stable, supportive, harmonious family environment.
- Teach their children the skills they need to get along with others.
- Deal positively, consistently and decisively with problem behaviors
- Encourage behaviors that they like.
- Develop realistic expectations of their children and themselves.
- Take care of themselves as parents.



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