



## Triple P Level 2 Brief Primary Care

A series of tip sheets are available for parents addressing specific concerns that a parent might have about their child(ren.) Trained parent educators review this information with parents in a brief (15-30 minute) consultation and guide the parent in developing a parenting plan to address the concern. Topics are:

### Positive Parenting:

Being a parent  
Coping with Stress  
Feeling Depressed After the Birth of Your Baby  
Home Safety  
Preparing Your Child for a New Baby  
Supporting Your Partner  
Balancing Work and Family

### Infants:

Crying  
Promoting Development  
Separation Anxiety  
Sleep Patterns

### Toddlers:

Bedtime Problems  
Disobedience 1  
Hurting Others  
Independent Eating  
Language  
Sharing  
Tantrums  
Toilet Training  
Wandering  
Whining

### Preschoolers:

Disobedience 2  
Fighting and Aggression  
Going Shopping  
Having Visitors  
Interrupting  
Mealtime Problems  
Nightmares and Night Terrors  
Self-Esteem  
Tidying Up  
Travelling in the Car

### Elementary School

Bedwetting	Creativity
Behavior at School	Sport
Being Bullied	ADHD
Chores	Homework
Fears	Lying
Separation Problems	Stealing
Swearing	

For more information, contact:

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