



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

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|---------------------|------------|
| 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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