

Triple P is proven to help you raise happy and confident children.

The program is based on extensive research that shows the importance of positive, effective parenting.

Triple P uses simple strategies and small changes to demonstrate practical, effective ways to manage common behavioural issues faced by many parents, such as:

- tantrums
- aggression
- bedtime and mealtime difficulties
- disobedience

Parents who participate in Triple P will learn:

- effective parenting strategies
- to encourage desired behaviour
- how to promote their child's development
- how to prevent or manage common child behaviour problems

For more information, please refer to the following web site:

<http://pmh.health.wa.gov.au/services/TripleP/>