



# Indigenous Triple P

**Around the world, many of the problems parents face are surprisingly similar. Babies cry. Kids don't do what they're told. Teenagers skip school and they don't respect their elders.**

**That's why Indigenous Triple P can help. It gives you simple solutions to common problems so your children will be strong and proud – and so will you.**

## Who is this for?

- parents of Indigenous children birth - 12
- parents of Indigenous teenagers

## Triple P can help you

- encourage behaviour you like
- deal with problem behaviour
- become confident as a parent
- be realistic about parenting
- take care of yourself

## What happens?

Indigenous Triple P brings together a small group of parents with a practitioner specially-trained to share Triple P with Indigenous families in your community.

In your sessions, you'll see scenes from a DVD called *Positive Parenting – A Survival Guide for Indigenous Families*. The DVD is presented by Dr Noel Hayman, from the Inala Indigenous Health Service, and shows you how the Triple P parenting tips work in real life.

You'll also have a workbook that will give you more of the ideas and information you'll need to start positive parenting straight away at home.

Your Triple P practitioner will give you plenty of help along the way and can even come to your place to support you as you put your new skills into practice.

## How long does it take?

Six sessions of just two hours each are held over a few months.

In between the sessions, you be practising the Triple P tips at home. But you won't be left to do it all on your own. Your Triple P practitioner will call you or come to your place to find out how you're going and offer advice if you're having any trouble.

You'll be amazed at how small changes can make big differences!

***Elders from urban and remote Indigenous communities helped create Indigenous Triple P.***