



Self-directed Triple P

The Triple P – Positive Parenting Program knows all parents have different needs.

That's why Triple P has many different ways to get your parenting help. So you can choose what will best suit you and your family.

Who is this for?

Parents who are unable to access Group or Standard Triple P and are:

- parents of children birth - 12
- parents of 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

Is this your family?

You are struggling at home. Your child misbehaves. She rarely does what you want.

Perhaps your family life is full of anger and tears. There's probably a lot of shouting and your child may even be aggressive – hitting you, the furniture or his brothers and sisters. In fact, everyday – from breakfast to bedtime – is a battle.

But it's difficult for you to get to a Triple P course or practitioner. Maybe you live in a remote area or you are a shift worker. You may have problems with mobility or other health issues that prevent you attending Triple P sessions. If that's the case, Self-directed Triple P could help you.

What is Self-directed Triple P?

This is the way to do Triple P in the privacy of your own home at times that suit you. You'll receive a copy of *Every Parent's Self-Help Workbook* or *Teen Triple P Self-Help Workbook*, which goes through the common problems parents face and offers strategies to deal with them. There are set readings and homework exercises to complete.

If you feel you need a little personal support along the way, you can arrange a weekly telephone chat with a Triple P practitioner. Your practitioner will call at an agreed time each week and spend between 15 and 30 minutes going over your questions or concerns. Your practitioner will help you focus on the strategies that are right for you.

How long does it take ?

Self-directed Triple P is a ten week course. Each week you should expect to spend around two hours reading the chapter and completing the exercises.