



The Area Based Childhood Programme 2013-2017



The story of Michael and Grace was created to show typical outcomes for Triple P families.
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Parents, stay positive!



Triple P – Positive Parenting Program®
Discussion groups

Solving common parenting problems





Triple P takes the guesswork out of parenting

Parents all over the world struggle with many of the same issues. So, the Triple P – Positive Parenting Program® has a series of two-hour sessions to help families tackle the most common concerns. Triple P Discussion Groups get to the heart of a specific problem, quickly and directly.

Is this you?

A child who melts down in the supermarket. One who won't go to bed without a battle. The kid who's always disobedient, or the one who bites, hits or fights. If your child fits any of these descriptions, Triple P Discussion Groups can help. Triple P Discussion Groups offer parents practical advice for tackling specific problem behaviour.

What are discussion groups?

A discussion group is a short, small group session run by a trained Triple P provider. Each session brings together about 10 or 12 parents who are facing the same parenting issue. There are four problem topics to choose from:

- Dealing with disobedience
- Developing good bedtime routines
- Managing fighting and aggression
- Hassle-free shopping with children

What happens at a discussion group?

In a relaxed group session, your provider will give you tips and ideas to help you deal with your child's problem behaviour. You'll see short video clips showing other parents successfully dealing with the same issue. You'll also be given a take-home workbook with simple exercises and information to help you try your new strategies at home.

How long does it take?

A Triple P Discussion Group session takes two hours. You may do as many as you like. One, two, three or four – it's up to you!

How can I get Triple P?

Triple P is available free to parents and carers throughout Finglas. See the back of this brochure for details of upcoming discussion groups.

Will Triple P work for me?

Triple P is one of the few parenting programmes in the world with evidence to show it works. More than 200 research trials and studies show Triple P can help families in many different situations. It's already helped millions of children and their families in more than 20 countries.



> Michael says:

"All I wanted was for Grace to go to bed when I asked her. But she was always up and down, crying and carrying on until all hours. Thankfully, the Triple P Discussion Group gave me some good ideas for setting up a night-time routine that really works. Now it's so simple: bath, story and lights out. She's asleep in minutes and I get a few hours to relax."