



Barnardos



The Area Based Childhood Programme 2013-2017



An tAra Leasra  
Department of  
Children and Youth Affairs

The ATLANTIC  
Philanthropies



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CENTRE FOR EFFECTIVE SERVICES



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government supporting communities



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



Triple P – Positive Parenting Program®  
Seminars

Positive parenting in a nutshell





## Triple P takes the guesswork out of parenting

A Triple P seminar is a great way to find out the basics of positive parenting. It is packed with simple strategies to help make raising kids easier.

### Is this you?

Parenting is usually lots of fun. But every parent has times when things can get a little tricky. Like when your toddler won't eat her dinner. Or your five year old won't pick up his toys. Maybe your children don't seem to listen to what you say. If only someone could give you some ideas to make those times easier!

### What is the Triple P Seminar Series?

Seminars are relaxed presentations that tackle some of the most common family issues. You can do one, two or all three in the series.

The seminars last 90 minutes each and are called:

- The Power of Positive Parenting
- Raising Competent, Confident Children
- Raising Resilient Children

At the end of each seminar you will take home a tip sheet. It will remind you of all the great ideas you heard.

### Triple P can help you

- Encourage behaviour you like
- Deal with your child's problem behaviour
- Feel confident as a parent
- Be realistic about parenting
- Take care of yourself

### How can I get Triple P?

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

### 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.



#### > Fiona says:

*"Jack would never do what I wanted. I'd ask him ten times and I'd end up shouting before he'd pay attention. With my new Triple P skills, I don't have to yell to get him to listen."*