

# Triple P: Positive Parenting Program

Accoras is a not-for-profit community organisation which aims to support families to live happy and healthy lives. In partnership with *yourtime*, we run Triple P: Positive Parenting Program groups on an ongoing basis.

## About the Triple P: Positive Parenting Program

Parenting is one of the hardest jobs faced in life. Raising healthy, well-adjusted children who have the life skills they need is stressful, and it can be hard to know the best place to go for information and support. Whether your family is dealing with temper tantrums, disobedience, or sibling rivalry ... or if you'd just like support to set limits and build positive relationships with your children, Triple P is here to help.

Triple P is a system of easy-to-implement, well-tested solutions that help to solve current parenting issues and prevent future problems. It's designed to prevent behavioural, emotional and developmental problems in children aged 0-12 by enhancing the knowledge, skills and confidence of parents. Triple P suggests simple routines and small changes that can make a big difference to your family. It helps you understand the way your family works and uses things you already say, think, feel and do in new ways that will enable you to:

- Create a supportive and harmonious family
- Encourage behaviour you like
- Deal positively, consistently and decisively with problem behaviour
- Plan ahead to manage difficult situations
- Take care of yourself as a parent
- Build positive relationships with your children, so conflict can be resolved

This one-day, 8 hour program is FREE but is just for the parent/guardian/s. You will receive a Triple P workbook, resources and facilitator support.

**When:** 21<sup>st</sup> April - **Where:** Yeerongpilly - **Time:** 8:30am-4:30pm

To book please fill out registration form or for more information about the Triple P: Positive Parenting Program or any of our other services please contact our friendly team on 3255 6555 or email [referralsSB@accoras.com.au](mailto:referralsSB@accoras.com.au).