



Triple P – Positive Parenting Program in New Zealand



Triple P is an evidence-based parenting program that aims to empower parents with new skills and information to work through challenges they are facing with their child. Triple P have 3 online programs: Triple P Online, Teen Triple P Online and Fear-Less Online. The Triple P Online programs have a series of modules for parents to work through and take about one hour each to complete. Find information about each program below.

Triple P Online	Teen Triple P	Fear-Less Triple P
<p>Triple P online is an 8-module course that guides parents through behavioural challenges they are facing with their children. The program covers:</p> <ul style="list-style-type: none"> • Increasing good behaviour • Managing misbehaviour • Settling tantrums • Tackling disobedience • Teaching new skills • Stressless outings <p>Who: The course is appropriate for parents of children who have mild to moderate behaviour needs. Some examples of challenges parents might be facing, include:</p> <ul style="list-style-type: none"> • Device use • Argumentative • Low-level defiance • Child not engaging with the family • Poor communication • Not meeting family or household expectations • On-going low-level challenges and issues at school 	<p>Teen Triple P Online is a 6-module course that guides parents through behavioural challenges they are facing with their pre-teens and teens. The program covers:</p> <ul style="list-style-type: none"> • Building a stronger relationship • Providing a safe environment • Negotiating boundaries and expectations • Dealing with conflict calmly • Surviving the emotional rollercoaster • Preparing for risky situations • Equipping their teen to handle life's problems <p>Who: The course is appropriate for parents of teenagers who have mild to moderate behaviour needs. Some examples of challenges parents might be facing, include:</p> <ul style="list-style-type: none"> • Device use • Argumentative • Low-level defiance • Child not engaging with the family • Poor communication • Not meeting family or household expectations • On-going low-level challenges and issues at school 	<p>Triple P Fear-Less is a 6-module course that has been developed to support and teach parents cognitive behavioural strategies for anxiety management. The program equips parents with the knowledge and skills to teach their children how to manage their anxiety and to foster resilience and reduce avoidance. The program covers:</p> <ul style="list-style-type: none"> • Understanding anxiety • Promoting emotional resilience • Encouraging flexible, realistic thinking • Overcoming avoidance • Responding to children’s anxiety • Constructive problem solving <p>Who: If you have a child between the ages of 6 and 14 years old, who experiences mild to severe anxiety, this program is designed for you.</p>
<p>Get access to all three programs here: https://www.triplep-parenting.net.nz/nz-uken/triple-p/</p>		