



Making the most of these crucial years, positively

with proven parenting strategies

Children's and teens' emotional wellbeing, especially in challenging times, is better when families get the right support! Now, all Victorian parents and carers have FREE access to support that helps children's resilience and life skills.

The Triple P – Positive Parenting Program helps with:

Child and teen anxiety | Encouraging resilience and confidence | Building a stronger bond with your children

There are 3 free Triple P Online programs available across Victoria, so choose what works for you, to help give your children key life skills and help the whole family stay calm and positive!

- Interactive, easy-to-use online programs with videos and activities and a downloadable workbook
- Each module only takes about an hour or less, and you can do just a few minutes at a time
- Positive caregiving during COVID-19 and beyond

Choose a program and do it at your pace, and at your place!

FEAR-LESS TRIPLE P ONLINE | 6 MODULES

for parents/caregivers of children 6-14 years who are often anxious

- Understand anxiety and fear and what can be done about it
- Know what's within your control to change
- Help children develop a toolkit of coping skills
- Know what to do when a child is anxious or upset

TRIPLE P ONLINE | 8 MODULES; OR TEEN TRIPLE P ONLINE | 6 MODULES

for parents/caregivers of children 0-12 yrs; or 10-16 yrs (Teen Triple P Online)

- Create the best environment for your children
- Feel confident to handle each new age and stage
- Know how to address child behaviours, promote new skills and help emotional self-regulation
- Raise happier, more confident and capable children
- Improve your relationship with your children

START YOUR FREE PROGRAM TODAY

www.triplep-parenting.net

We acknowledge the Traditional Custodians of the land on which we live and work, and pay our respects to Elders past, present and emerging.