

## Triple P

Aster Family Support runs small group sessions of Triple P courses bringing families together to learn and develop new ideas. We also provide one-to-one support to families wanting to develop knowledge and skills of the Triple P programme in their home – usually with families who can't make it to the group sessions. Triple P is a parenting program, but it doesn't tell people how to be parents. It's more like a toolbox of ideas. Families choose the strategies they need and how they want to use them. The three Ps in 'Triple P' stand for 'Positive Parenting Program' which means family life is going to be much more enjoyable. Triple P helps families to:

- Raise happy, confident kids
- Manage misbehavior so everyone in the family enjoys life more
- Set rules and routines that everyone respects and follows
- Encourage behavior that's positive for everyone
- Take care of yourself as a parent
- Feel confident you're doing the right thing

The Triple P programme was developed over 30 years ago by Professor Sanders and colleagues from the Parenting and Family Support Centre at the University of Queensland, Australia in response to seeing how many families were raising their children without the information, ideas and strategies they needed. Triple P is the most extensively researched parenting program in the world. Clinical trials and evaluations over decades have shown that Triple P works for most families, in many different cultures, and in many different family situations.

### Video

<https://youtu.be/BiGRPGkSfQs>

### Downloads

<Tripple P Referral form>