Triple P, Positive Parenting

Take the guesswork out of parenting!

The Power of Positive Parenting

- Ensuring a safe engaging environment
- Creating a positive learning environment
- Using assertive discipline
- Having Reasonable expectations
- Looking after yourself as a parent

Raising Confident, Competent Children

- Showing respect to others
- Being considerate
- Having good communication and social skills
- Having healthy self-esteem
- Being a good problem solver
- Becoming independent

Raising Resilient Children

- Recognising and accepting feelings
- Expressing feelings appropriately
- Building a positive outlook
- Developing coping skills
- Dealing with negative feelings
- Dealing with stressful life events

Now FREE

to Queensland parents and carers of children up to 16 years.

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