



Children's Mental Health of Leeds & Grenville



Positive Parenting Program Parenting Strategies to Support Positive Mental Health

Parenting is very rewarding and enjoyable. It is also often challenging, frustrating and exhausting. Parents have an important role, yet most people begin parenting not prepared for what lies ahead. Parenting does not come with a manual. There is no “right” way of raising healthy, well adjusted children. It is up to you as a parent to decide which values, skills, and behaviours you want to encourage in your child and to develop your own approach to dealing with your child’s behaviour.

Triple P is helpful for many parents, making parenting easier and more enjoyable.

Positive Parenting Program (Triple P) has been developed at the University of Queensland in Australia. The Public Health Agency of Canada has endorsed Triple P as meeting the criteria for effective evidence based and best practice program. It is based on extensive scientific research and offers parenting suggestions and ideas that have proven effective. It’s called positive parenting because it aims to make it easier for parents to develop a positive loving relationship with their children through encouragement, attention and good communication. Triple P will help family life run a little smoother, and also make it less likely that your child will develop more serious behavior problems in their adolescent years.

Children’s Mental Health of Leeds & Grenville provides Triple P in group sessions and individual learning activities. Many parents find the Level 4 group format most helpful. This is an eight week, psycho-educational program, facilitated by counsellors who are accredited in Triple P. The groups are organized for parents of children aged 3-10 or 11-14 (teen). If you are interested in this group program, please call our Prompt Services and ask to register for a Triple P - Level 4 group.

If you are a current client of the agency, and you would like to know more about Triple P, please ask your counsellor and you may be referred for other groups or individual parenting support.

Parents of pre-school children, less than six years of age, often find that help with a single parenting issue, can get the family back on track. Some examples are infant problems such as persistent crying or sleeping difficulties; toddler concerns such as tantrums, non-compliance, or mealtime difficulties or preschool challenges such as aggression, fears, nightmares, or bed-wetting. Triple P can help.

As a participant in Triple P, you can expect suggestions and ideas to help you:

- Build a positive relationship with your children
- Encourage behaviour you like
- Teach children new skills
- Set rules and give instructions that your children will follow
- Respond to misbehaviour immediately, consistently and decisively
- Use discipline strategies that work
- Take care of yourself as a parent

People seek help with parenting for a number of reasons and for a variety of problems, ranging from day-to-day stress and relationship difficulties to more severe emotional and behaviour problems.

If you would like to know more about Triple P in Ontario, and here in Leeds & Grenville, please visit:

www.triplepontario.ca

For More Information:

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