



**PARENTING PROGRAMMES**  
Effective Parenting Approach to Raising Your Child!



**TRIPLE P POSITIVE PARENTING PROGRAMME**  
Level 3 Consultation Sessions

INDIVIDUAL SESSIONS

**SIGNPOSTS**

SMALL GROUP SESSIONS

**What is Triple P ?**

The Positive Parenting Programme (Triple P) is a parenting and family support strategy designed to prevent behavioural and emotional problems in children.

Triple P Consultation Sessions are for parents who are facing difficult parenting issues on a regular basis and require one-on-one help or coaching.

**What does it offer?**

Simple and practical strategies to help you confidently manage your children's behaviour, prevent problems developing and build strong, healthy relationships.

**How is it delivered?**

Triple P Consultation Sessions consist of 4 one-to-one consultation sessions (30 – 45 min per session) to help parents manage one or two specific behaviour problems that are a current concern.

**Why is it effective?**

- ▶ One of the most effective evidence-based\* parenting programmes in the world.
- ▶ It offers parents preventive programmes of different intensity to meet their needs.
- ▶ Effective in reducing child behavioural problems and improving parental self-efficacy and satisfaction.
- ▶ Implemented in 25 countries such as Australia, Japan and Hong Kong.

**For more information on Triple P Programme, please visit <http://www.triplep.net/global/home/>**

**What is Signposts?**

Signposts is an evidence-based\* parenting programme to help parents understand and manage their child's difficult behaviour, and prevent further development of behavioural concerns.

**Why is it effective?**

- ▶ parents to design their own programme to suit the needs of their child and develop strategies to prevent and manage current difficult behaviour.
- ▶ Studies show parents are more confident in managing their children and feel less stressed after attending the programme.

**How is it delivered?**

Signposts is delivered in a small group sessions consisting of 5 weekly sessions (2 – 2.5 hours per session) to help and equip parents with tools to build effective ways to manage current difficult behaviours.

**For more information on Signposts, please visit <http://www.signposts.net.au/>**

\*Evidence-based programmes are programmes which are peer-reviewed by experts in the field and is recognised by a respected research organisation, and included in their list of effective programmes.