



## Triple P module 1: What is positive parenting?

You can use positive parenting to promote your child's development and guide their behavior. It's all about strong relationships, good communication and positive attention. There are five key principles.

- Children need a **safe and interesting environment**. Having plenty of things to do builds language and thinking, and keeps kids out of trouble. It's also important to make your home safe and supervise them well.
- A **positive learning environment** encourages kids to try things for themselves. Pay attention and praise them for good behavior, and they'll be more likely to do it again. When your child wants your attention, stop what you are doing and spend time with them as soon as you can. This way they learn their world is secure and you are there for them.
- When parents are consistent and predictable, kids are less likely to develop behavior problems. **Assertive discipline** helps them learn to accept rules and limits and develop self-control. Discipline works best when there is also plenty of attention for good behavior.
- It's important to have **realistic expectations** of your child. They need to be ready to learn new skills and every child develops at their own rate. Also, be realistic about what you can do. No parent is perfect and we all learn through trial and error.
- Parenting is easier when your own needs are being met and you are **taking care of yourself**. Ask for help when you need it, and if you have a partner, try to support each other and work as a team.

It can be helpful to talk about these ideas with your partner or a friend and really think about what you would like to work on in your family.



## Triple P Module 2: Encouraging behavior you like.

By giving positive attention and focusing on good behavior instead of misbehavior, the behavior you like is more likely to happen again. Here are the strategies we talked about:

- Spend **quality time** together and get involved in your child's interests. Try to be available and give your attention when your child wants you. Keep it brief and frequent.
- **Talk with your child.** Ask questions and show you're listening to what they say.
- Show **affection** in ways that you and your child find comfortable. It shows you care and builds a strong bond between you.
- **Praise** your child for the behavior you like. Be clear and specific, and be sincere.
- Another way of encouraging good behavior is by paying **attention**: a smile, a wink, a thumbs-up or even just watching.
- Having plenty of **interesting activities** keeps kids busy and can help them learn. Busy kids are less likely to be bored or disruptive.

Try to think ahead and develop a parenting plan for encouraging behavior you like.



### Triple P Module 3: Teaching new skills.

There are many skills children need to learn, including communicating and getting on with others, managing their feelings, becoming independent and solving problems. Here are the ideas we covered to help you to help your child develop and learn new skills:

- You are your child's most important role model, so try to **set a good example** and let them learn by watching you. Avoid doing or saying things you don't want your child to copy.
- When children want our attention, it's a good time to help them learn. Use these **incidental teaching** opportunities to help your child develop their language and learn new skills. Listen and then get them to tell you more, or start to work things out for themselves.
- When a task is long and difficult, teach your child in steps, with the least amount of help they need. **Ask** what the step is, **say** it if they don't know and prompt them to do it, **do** it with them if they need help at first. Don't forget to praise their efforts.
- **Reward charts** are helpful for new skills that are hard to learn. Stars, stamps or stickers on a chart, and a back-up reward, can encourage kids and help them feel good about what they've done. It can also remind you to praise them for reaching their goals. Gradually phase out the chart and make rewards less predictable by giving them every now and then, but do continue to praise your child.



## Triple P Module 4: Managing misbehavior.

We covered seven positive parenting strategies to help you teach your child how you expect them to behave, and to deal with misbehavior in a way that helps your child learn to manage their emotions and develop self-control.

- Set four or five **ground rules**. Decide on family rules together. Remember, rules should say what to do rather than what not to do.
- Use **directed discussion** to reinforce a rule. Calmly say what the problem is, and why it's a problem. Ask your child to tell you the rule and then practise doing the right thing. Praise your child for following the rule.
- For minor problem behavior that is aimed at getting an audience, **planned ignoring** can teach your child they'll no longer get a reaction. If there's no payoff, the problem behavior is less likely to happen again.
- When you want your child to do something, give a **clear, calm instruction**. Get close and say exactly what you want your child to do. Try to get the timing right and only give instructions that you are prepared to back up.
- Back up your instructions with **consequences**. Briefly remove the activity that is at the centre of the problem, then return it so your child has a chance to behave well. Praise them when they do.
- If misbehavior continues or your child doesn't do as you ask, another brief strategy is **quiet time**. Simply move your child to the edge of the activity and tell them to sit quietly for a short time.
- For more serious misbehavior, use **time-out** away from others to help your child learn to accept limits, get control over their emotions and calm themselves down. It can also help you stay calm and avoid the escalation trap.



## Triple P Module 5: Dealing with disobedience.

This time we looked at applying your positive parenting strategies to help prevent problems with disobedience, and also to deal with it consistently if it does happen. The aim is to help your child learn limits and follow instructions straight away.

- **Make your home safe** to avoid having to say *No* and *Don't touch* all the time and **have plenty for your child to do** so they don't get bored and get into trouble. Don't forget, if you **praise behavior you like**, it is more likely to happen again.
- Try to let your child finish an activity before giving an instruction. **Get close**, get your child's attention and **give a clear, calm instruction** that tells them exactly what to do. **Praise your child** for doing as you asked.
- Act immediately when your child is disobedient. **Back up instructions with consequences**, quiet time or time-out.
- Afterwards, for a start instruction, return your child to where they were and **repeat the instruction**. Don't repeat a stop instruction, just return your child to an activity.
- **Catch them being good** and praise them as soon as you can.

Hopefully you've set up a practice session to try out your strategies. Make sure you review how you went – what you did well and what you would like to do differently in future, this is how you keep refining your parenting plans. Don't forget to keep track of how things are going.



## Triple P Module 6: Planning ahead to prevent problems.

This time we looked at planning ahead to help you use your positive parenting strategies in those tricky situations where it's harder to stay calm and consistent.

The steps we talked about that can make up a planned activities routine are:

- **Prepare in advance.**
- **Decide on rules.**
- **Choose interesting activities.**
- **Use rewards for good behavior.**
- **Use consequences for misbehavior.**
- **Have a follow-up discussion** about what went well and set a goal for next time.

Hopefully you've set up a practice session to try out a planned activities routine. Make sure you review how you went – what you did well and what you would like to do differently in future, this is how you keep refining your parenting plans. Don't forget to keep track of how things are going.



### Triple P Module 7: Making shopping fun.

In this module we looked at planning ahead to prevent problems and make shopping with your child enjoyable for both of you. We also talked about how to use your assertive discipline strategies no matter where you are, so you can manage problem behavior calmly and consistently if it does happen when you're out shopping. Here are the key things to remember:

Before you go shopping:

- Plan a few **short practice shopping trips**. Start by spending only about five minutes in a store the first time you try a new plan.
- **Plan ahead** and have everything ready. Avoid sleep or meal times. Plan where you're going, what you're buying and when you'll be back and explain this to your child. Have some interesting activities in mind.
- **Set some shopping rules**. State them positively so they say what you want your child to do at the shops. **Remind your child of the rules** before you go shopping and **set a goal**.
- You can also **set a reward** and **decide on consequences** you can use for misbehavior. Explain to your child what will happen if they behave well, and the consequences for not following the rules.

While you are shopping:

- **Involve your child** in the shopping trip by giving them things to do. Remember to talk with your child and keep them busy.
- Encourage your child for behaving well and following the shopping rules by giving lots of **descriptive praise**.
- If a problem happens or a rule is broken, do something right away. Give a **clear, calm instruction** saying what to stop doing and what to do instead. Praise them if they do as you ask.
- Use a consequence like **quiet time** in the shop if the problem continues. If necessary, you can leave your items at the checkout and go outside for quiet time.
- When your child has settled, **continue with your shopping**. Remember to praise them as soon as they are behaving well again.
- If your child doesn't settle down, you can always go home and take them straight to time-out. Remember to tell them why they are in time-out.

After shopping:

- **Reward your child** if they followed the shopping rules.
- **Review the trip** with them. Praise their efforts. Describe any rules they didn't follow and **set a goal** for next time.

You'll notice that your child will learn to follow the rules without reminders before too long, and you can enjoy going shopping together.



## Triple P Module 8: Raising confident, capable kids.

In our last Triple P module, we started planning for the future, to help your child become a confident, capable adult with the skills they need to do well in life. There were six key skills we discussed.

- Children are more likely to get along well with their parents, peers, teachers, and others when they learn to **show respect**.
- When they learn to **be considerate** of other people's needs, children find it easier to make friends and get along with others.
- Children with **good social skills** find it easier to make and keep friends and do well later in life.
- Children with **healthy self-confidence** feel good about themselves.
- **Being a problem solver** is an important life skill that can help both school learning and social skills.
- As children get older they can learn to **be more independent** and do more for themselves, without their parents' help.

Keep these skills in mind to continue to encourage your child's development.