



TRIPLE P ONLINE

Help your kids cope with challenges

FREE IN
VICTORIA!

Now with extra module: Parenting during Covid-19

Support your child's emotional wellbeing (and improve yours, too!)

We all face challenges sometimes – and right now, many are facing difficult and uncertain times, with the coronavirus crisis and its ongoing effects. But positive parenting skills and strategies can make a huge difference to your child's development and wellbeing. And that can have a far-reaching impact on their life, and yours.

Why Triple P works

The Triple P – Positive Parenting Program is one of the world's best. Backed by more than 330 trials and studies, Triple P gives you proven parenting strategies that will help you develop your child's talents and 'life-skills' - so they can be happy, confident and successful. In the meantime, your home life will be better too: with rules followed, relationships stronger, and parents who are much less stressed!

Now, there's Triple P Online, so you can set your own parenting goals, learning step-by-step whenever you like. It'll help you:

- Cope with the difficulties and emotional stress of COVID-19
- Encourage good behavior
- Prevent tantrums & manage misbehavior
- Take the stress out of shopping
- Manage problems calmly and without yelling
- Get your child to cooperate and follow instructions
- Strengthen your relationship as you teach them new skills

START TODAY – IT'S COMPLETELY FREE!!

Right now, this world-class program is available FREE in Victoria, and you can do it all online.

Find out more: triplep.online/vic

Free access to Triple P Online for Victorian parents has been funded by the Victorian Government
*Be quick! Free access can only be offered while funding is available!

