



## Australia-wide access to Triple P Online programs

There are around two million families in Australia with young children.

Now, those families can get free, high-quality, research-based online Triple P programs to help with the task of raising happy, healthy, emotionally well-adjusted children.

Triple P is a suite of parental strategies which fits every family – from those who might benefit from light-touch support to those who need something more, for those in conflict – with each other or their child, and those struggling with mental health.

Parenting support works best when it's universally available and parents and carers choose to take part. Accordingly, this support is free for every parent and carer of young children under 12 years, funded by the Australian Government Department of Health and Aged Care's PESP (Parenting Education and Support Program).

Available to parents and carers is **Triple P Online** (eight modules) which deals with the day-to-day challenges faced by all carers and **Fear-Less Triple P** (six modules) which deals with anxiety and helps parents support their children to worry less and be more confident.

### **Triple P Online modules:**

- An introduction to positive parenting
- Encouraging good behaviour
- Teaching new skills
- Managing misbehaviour
- Dealing with disobedience
- Preventing problems by planning ahead
- Making shopping fun
- Raising confident, capable kids

### **Fear-Less Triple P Online modules:**

- Understanding anxiety
- Promoting emotional resilience
- Setting good examples/encouraging realistic thinking
- Overcoming avoidance
- Responding to children's anxiety
- Constructive problem solving and maintaining progress

Triple P gives parents the tools to help build children's resilience, confidence, social skills, emotional self-regulation, problem-solving skills, and more.

**To find out more, or start a program, visit: [www.triplep-parenting.net.au](http://www.triplep-parenting.net.au)**