

# Triple P – Positive Parenting Program

Providing resources, education and support to enhance knowledge, skills and confidence.

## Who is the program for?

Parents who want to have a positive relationship with their child and who lack confidence in their parenting skills or feel challenged by those times when children are demanding, defiant, throw temper tantrums or are generally disruptive.

## Program content

- Effective parenting
- How to promote your child’s development
- How to manage common child behaviour problems
- Principles to help you deal with almost any situation that may arise

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### About the program

This program is one of the few evidence based parenting programs available world wide, founded on over 30 years of clinical and empirical research. Triple P is a parenting and family support strategy that aims to prevent severe behavioural, emotional and developmental problems in children by enhancing the knowledge, skills and confidence of parents.

It teaches practical, effective ways to manage common issues most parents will face at some time such as tantrums, meal time and bed time difficulties, whining, disobedience, hurting others and wandering.

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### When is it held?

Triple P is conducted over three days - Friday, Tuesday and Friday from 9:15am to 3:00pm every six weeks as part of the BCPND CBT Day Program.

Morning tea and lunch is provided.

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### How to join

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to Belmont Private Hospital.

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### How much does it cost?

Patients are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Belmont Private Hospital.

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Belmont  
Private Hospital

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