



# Pathways Triple P

The Triple P – Positive Parenting Program® knows all parents have different needs. Some may just want a parenting tip or two to make life smoother at bedtime or at the shopping centre. But others could be in complete crisis and need special, one-on-one help to get them through. That's why Triple P has many different ways for you to get your parenting help – so you can choose what suits you and your family best.

## Who is this for?

- parents of children birth–12
- parents of teenagers

## Triple P can help you

- encourage behaviour you like
- deal with problem behaviour
- become confident as a parent
- be realistic about parenting
- take care of yourself

## Is this you?

You may have already done Group Triple P or Standard Triple P but things are still very bad at home. You may be feeling angry a lot of the time. Perhaps you worry that you're going to "lose it" and hit your child – or worse.

If this sounds like your home, then Pathways Triple P may be for you. You may be referred to Pathways Triple P by your Triple P provider when you are taking part in a Group Triple P or Standard Triple P course.

## How does Pathways work?

Your Triple P provider wants your family to stay together and to enjoy being a family. So they'll give you special support and new skills to make sure you can manage your child's behaviour and manage your anger.

You'll have the opportunity to practise these new skills and start parenting the way you want to.

## How do you do it?

First, you and your provider will get together to talk about the specific problems you're having.

You'll then work out which areas you need to focus on. There are two specialist mini-courses (modules) within Pathways. You will do your Pathways mini-courses in personal sessions or a small group with your Triple P provider. You may be able to do these in your own home.

## What can I expect to learn in these mini-courses?

Avoiding Parent Traps will help you work out why you get angry and upset with your child, and help you think differently about how those situations occur. Coping with Anger gives you a choice of personal tools to use when you get stressed or upset with your kids.

## How long will it take?

Each mini-course takes a maximum of just two sessions with your provider. The sessions will last between one hour and 90 minutes. You will also have an additional final session together to go over any questions you may have.

If you're doing Pathways in a small group, you'll do both mini-courses. If you are doing it one-on-one with your provider you can do one or both mini-courses. Either way, you choose the problems you need help with.