



# Pathways Triple P

**The Triple P – Positive Parenting Program knows all parents have different needs. For example, some are cruising along and just need a parenting tip or two to make life smoother at bedtime or at the shopping centre. 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 to get your parenting help. So you can choose what best suits you and your family.**

## 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’ve already done Group Triple P or Standard Triple P but things are still pretty 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 is for you. You will be referred to Pathways Triple P by your Triple P practitioner or by a health or welfare professional. You cannot do Pathways without having completed a Triple P Group or Standard course.

## How does Pathways work?

Your Triple P practitioner 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 anger and manage your child’s behaviour.

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 practitioner 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 three specialist mini-courses within Pathways. You may do one, two or three. You will do your Pathways mini courses in private sessions with your Triple P Practitioner. You may be able to do these in your own home.

## How long will it take?

Each mini-course takes a maximum of just three sessions with your practitioner. 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.