Triple P Discussion Groups

The Triple P – Positive Parenting Program® knows all parents have different needs. That's why Triple P has many different ways for you to get your parenting help. So you can choose what will suit you and your family best.

Who is this for?

- parents of children birth–12

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?

Mostly, you enjoy parenting, but you wish you knew how to deal with specific problem behaviour. Maybe your child won't go to bed without a fight. Perhaps they have a meltdown or tantrum almost every time you shop or sit down for a meal. They may be constantly disobedient, or they bite, fight or hit.

If your child fits any of these descriptions, Triple P Discussion Groups can help.

What are Triple P Discussion Groups?

Triple P Discussion Groups are short, small group sessions that offer practical advice for tackling a specific problem behaviour.

A discussion group is run by a trained Triple P provider. Each session brings together about 10—12 parents who are experiencing the same parenting problem, and covers one of the five topics listed below. Just choose which one (or however many) of the discussion group sessions fits your needs:

Dealing with disobedience
Developing good bedtime routines
Managing fighting and aggression
Hassle-free shopping with children
Hassle-free mealtimes with children

What happens at a discussion group?

In a relaxed group session, your provider will give you tips and suggestions for dealing with your child's problem behaviour. You'll see short video clips showing other parents successfully dealing with the same issue, and you'll be encouraged to share your thoughts with the other parents in the group. You'll also be given a take-home workbook with simple exercises and information to help you try your new strategies at home.

How long do the sessions take, and how many do I attend?

A Triple P Discussion Group session takes two hours. You may do as many or as few as you like. One, two, three, four or five – it's up to you. You'll be surprised at how a few small changes can make big differences!