

Confidently handle parenting challenges

Raise happier, more capable children and teens

Parenting is easier with support! Now you can improve behaviour and boost family wellbeing with FREE online support* from the Triple P - Positive Parenting Program.

Our world-acclaimed online programs are full of positive parenting strategies that really work – at every age and stage. Whether you're dealing with a new baby, younger child or teenager, we help make family life less stressful and more enjoyable.

Positive parenting means positive changes – start now!

Get a complete toolkit of tips to improve behaviour, grow closer and solve problems with less guesswork. Each Triple P program has three parts: learn the basics of positive parenting, choose strategies for your family, and put them into practice.

- Learn online, at your own pace, on any device
- Videos, activities and tipsheets make it practical and easy
- Each module only takes about an hour or less, and you can do just a few minutes at a time

TRIPLE P ONLINE FOR BABY

For parents/carergivers to be, or with a baby under 12 months old

- Promote your baby's social, emotional and cognitive development
- Be empowered and have confidence in your own choices
- Read your baby's cues and encourage their language learning
- Take better care of your own wellbeing

6 modules

TRIPLE P ONLINE

For parents/caregivers of kids up to 12 years

- Improve children's self-regulation, cooperation, social skills and more
- Calmly and confidently handle common challenges, like tantrums
- Raise happier, more capable kids who can meet life's challenges
- Enjoy family life more!

8 modules

TEEN TRIPLE P ONLINE

For parents/caregivers of tweens or teenagers – 10-16 years

- Create the best environment for the development of teens
- Know how to address behaviours, promote new skills and improve emotional self-regulation
- Raise more self-reliant, respectful, responsible teens
- Build better relationships and communication!

6 modules

START YOUR FREE PROGRAM TODAY!

triplep-parenting.ca

Triple P Positive Parenting Program

Funded by:

Ontario

* For parents and caregivers in Algoma, Timiskaming, Cochrane, Simcoe and Muskoka