

Kids Don't Come with an Instruction Manual

There is no hard-and-fast rule book for raising children, but it's surprising how many familiar parenting problems have very simple solutions.

From infants' sleeping difficulty to toddler tantrums; fighting with a teenager's defiance; even the struggle to set up healthy eating patterns or regular homework routines - these issues you face are probably not unique to your family. In fact, they're probably commonplace. That's why Triple P can help!

Triple P is one of the few parenting programs in the world that's based on evidence from clinical research. For more than 30 years, Triple P's easy-to-understand and practical strategies have shown to help families in all types of situations.

Parents can choose from tip sheets, one-on-one sessions, or seminars to arm themselves with the tools to make parenting a little less 'trial and error':

And because Triple P works in the majority of cases, Triple P has the seal of approval of parents, practitioners, and experts internationally.

We look forward to helping you.



Triple P Providers at MCRD San Diego through the MCRD Family Advocacy Program

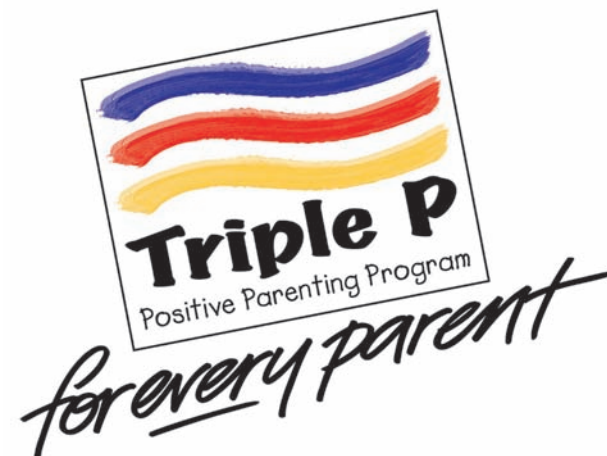
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Triple P Parenting Webpage
www.triplep-parenting.net



*Small Changes,
Big Differences*



*Parenting now comes
with an instruction manual*

BEHAVIORAL HEALTH SERVICES
MCRD SAN DIEGO



Brief Primary Care / Tip Sheets

Brief Primary Care provides brief informational support guided by a planning tip sheet. Sessions are about 10 minutes.

Topics include:

General Topics

Being a parent
Coping with stress
Feeling depressed after the birth of your baby
Home safety
Preparing your child for a new baby
Supporting your partner
Balancing work and family

Infant Topics

Crying
Promoting development
Separation anxiety
Sleep patterns

Toddler Topics

Bedtime problems
Disobedience
Hurting others
Independent eating
Language
Sharing
Tantrums
Toilet training
Wandering
Whining

Preschool Topics

Disobedience
Fighting and aggression
Going shopping
Having visitors
Interrupting
Mealtime problems
Nightmares and night terrors
Separation problems
Tidying up
Traveling in the car

Primary topics

Bedwetting
Behavior at school
Being bullied
Chores
Fears
Homework
Lying
Self-esteem
Stealing
Swearing
Creativity
Sports
ADHD

Teen Topics

Smoking
Truancy
Sexual behavior and dating
Fads and fashion
Eating habits
Rudeness and disrespect
Coping with anxiety
Coping with depression
Taking drugs
Money and work
Friend and peer relationships



Triple P Primary Care

Primary Care provides four sessions (about 20 minutes each) of one-on-one education and support.

- Session 1:** Introduction of program and baseline assessment.
- Session 2:** Discussion of initial assessment, goals for change, and introduction of strategies.
- Session 3:** Monitoring and implementation of additional parenting strategies.
- Session 4:** Review of progress and closure.

Selected Seminar Triple P

Universal parenting support. Can be delivered in a small group (less than 15) or large group format. Ideal for unit training, parenting groups, schools, and other community resource centers. Each seminar is 90 minutes in length.

- Seminar 1:** The Power of Positive Parenting
- Seminar 2:** Confident, Competent Children
- Seminar 3:** Raising Resilient Children

Selected Seminar Teen Triple P

- Seminar 1:** Rearing Responsible Teenagers
- Seminar 2:** Rearing Capable Teenagers
- Seminar 3:** Getting Teenagers Connected

