

The Triple P – Positive Parenting Program system includes the following online programs:



TRIPLE P ONLINE
for parents/carers of
children under 12

read more



FEAR-LESS TRIPLE P ONLINE
for parents/carers of
children 6+ who are often
anxious

read more



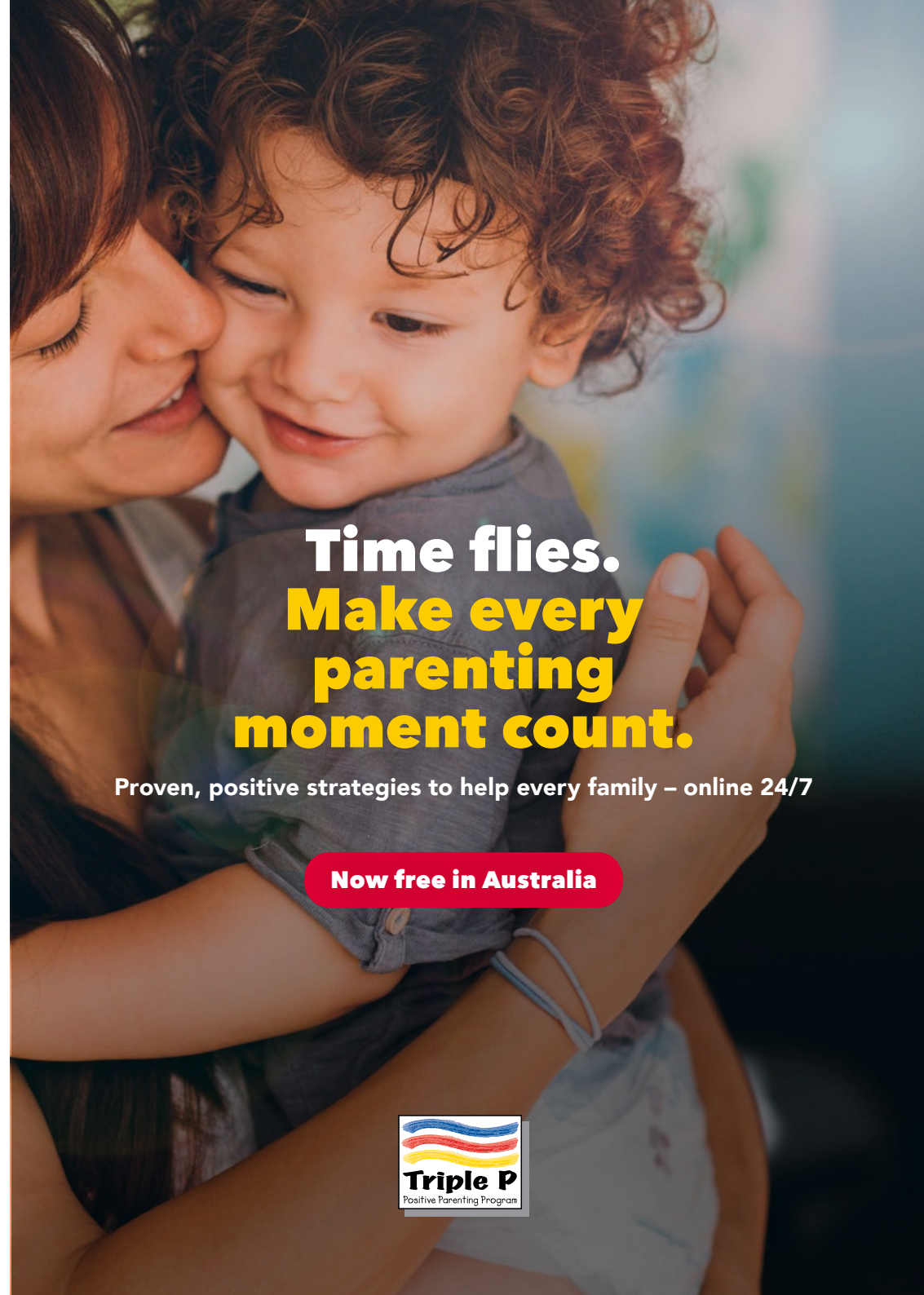
- Interactive, easy-to-use online programs with videos and activities and a downloadable workbook.
- Each module only takes about an hour or less, and you can do just a few minutes at a time.
- Available anytime, at your place, at your pace!

START YOUR FREE PROGRAM TODAY
triplep-parenting.net.au

Delivery of the Triple P – Positive Parenting Program® to parents and carers of children in Australia is supported by funding from the Australian Government Department of Health and Aged Care under the Parenting Education and Support Program.



BR0PESP101



**Time flies.
Make every
parenting
moment count.**

Proven, positive strategies to help every family – online 24/7

Now free in Australia





POSITIVE, PROVEN WAYS TO BUILD A CLOSER BOND, AND HELP CHILDREN REACH THEIR POTENTIAL

Support your child's development, grow closer and solve problems – positively. The Triple P - Positive Parenting Program® is backed by research, proven by parents. Now it's online - and it's free!

How can Triple P help?

- Boost children's emotional wellbeing and maintain a good relationship – now, and in the years to come.
- Make family life less stressful and more enjoyable – even in tough times.
- Practical, simple strategies you can start using straight away.
- Set good habits early and nip problems in the bud – you tailor the program to suit your child.
- Raise happier, more capable kids who can meet life's challenges.



"It would have been easy to parent on 'auto-pilot' – doing what my parents had done. Instead I now pay attention, to see and understand what's going on in his mind."

Yoshie K.

Free support for your positive parenting journey

You can do Triple P programs online, at no cost. Choose what works for you, to help give your kids key life skills and help the whole family stay calm and positive. There's a general positive parenting program, and one for parents of children with anxiety. Partners and other family members can also do Triple P, so everyone's on the same page and there's less conflict.



"The Fear-Less program has helped us not only build our children's emotional resilience and given us a better understanding of what anxiety looks like, but also given us some tools that the whole family can use in the long term."

Jules J.

Will Triple P work for me?

- Backed by 35+ years of research studies.
- More than 180 clinical trials show Triple P can help families in many different situations.
- It's the Australian parenting program used around the world, in more than 30 countries.
- Millions worldwide, and more than a million families in Australia, have been helped by the Triple P – Positive Parenting Program.