



# Time flies. Make every parenting moment count.

Proven, positive strategies to help every family

**Now free in Australia**

## **BUILD A CLOSER BOND, AND HELP CHILDREN REACH THEIR POTENTIAL**

You want to support your baby and child's development, grow closer and solve problems – positively. Now you can do the parenting program developed here in Australia, and used around the world. It's backed by research, proven by parents. And it's free!

- Create a positive foundation, right from the start.
- 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 – backed by 35+ years of research studies.
- 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.
- Join a million+ parents/carers in Australia who've been helped by the Triple P – Positive Parenting Program®

### **Free support for your positive parenting journey**

Now, you can do Triple P programs online, at no cost. Choose what works for you, to help you manage the transition to parenthood, give your kids key life skills and help the whole family stay calm and positive. Partners and other family members can also do Triple P, so everyone's on the same page and there's less conflict.

- 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!

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

#### **TRIPLE P ONLINE FOR BABY**

for parents/carers to be or with a baby under 12 months old

#### **TRIPLE P ONLINE**

for parents/carers of children under 12

#### **FEAR-LESS TRIPLE P ONLINE**

for parents/carers of children (6+) who are often anxious

**START YOUR FREE PROGRAM TODAY**

**[triplep-parenting.net.au](http://triplep-parenting.net.au)**

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