

An overview of the Teen Triple P Program

Week 1	Week 2	Week 3	Week 4
<p>Describe positive parenting and what it involves.</p> <p>Find things that may be influencing your child's behaviour.</p> <p>Set goals for change in your child's and your own behaviour.</p> <p>Start keeping track of one or two of your teenager's behaviours.</p>	<p>Use strategies for developing a positive relationship with your teenager (quality time, talking to your teenager and showing affection).</p> <p>Use the strategies for encouraging desirable behaviour (praise, attention and choosing age-appropriate interesting activities for teenagers).</p> <p>Use the strategies for teaching teenager's new skills or behaviours (setting a good example and coaching problem solving).</p> <p>Choose two positive parenting strategies to practice and monitor for a week.</p> <p>Set up a behaviour contract with appropriate rewards for your teenager.</p>	<p>Set appropriate family rules and discuss them with your family.</p> <p>Use directed discussion to deal with mild problem behaviour.</p> <p>Make clear, calm request and back up your requests with logical consequences.</p> <p>Deal calmly with emotional behaviour.</p> <p>Put into practice a behaviour contract to manage problem behaviour.</p>	<p>Identify situations that may put your teenager's health or wellbeing at risk.</p> <p>How to deal with risky behaviour – a six step routine.</p> <p>Build up a community network to help monitor your teenager's behaviour.</p>

Week 5	Week 6	Week 7 (Optional)	Week 8 Celebration
<p>An opportunity for you to discuss how successful your behaviour contracts have been. Also for you to talk about any current parenting issues or questions that you may have.</p> <p>To go over any material from the course which you would like to revise.</p>	<p>An opportunity for you to discuss current parenting issues or questions that you may have.</p> <p>To go over any material from the course which you would like to revise.</p>	<p>An opportunity for you to discuss current parenting issues or questions that you may have.</p> <p>To go over any material from the course which you would like to revise.</p>	<p>You should be able to:</p> <ol style="list-style-type: none"> 1. use appropriate parenting strategies to improve desirable behaviour 2. Identify changes in your child's behaviour and your own. 3. Get support from family, friends or group members when needed. 4. Keep up changes made so far.

What will I learn in a Teen Triple P Course?

You'll learn about:

- Developing your relationship with your teenager
- Effective parenting strategies.
- How to promote your teenager's development.
- How to manage common teenage behaviour problems.

How much time will it take and how many people are in a group?

The great thing about doing a Triple P Group Course is that the groups are small (typically 10 – 12 people) and you'll feel immediately at home with a group of parents who all want the same thing – to do the best for their teenagers and have an enjoyable family life! Groups are run by accredited Triple P practitioners. There are four two and a half hour group sessions (once per week), followed by three 2 hour sessions (once per week), addressing your individual progress and then a final group session.

Parents Comments

"It has helped me to see that not all the problems were my son's behaviour, but how I dealt with them. The biggest changes came in my own behaviour."

"I want to thank you for giving me other ways to deal with problem behaviour instead of yelling and getting no-where. I am definitely feeling more confident."

"Gave me a lot more confidence as a parent. Good strategies for managing bad behaviour that work. Good ideas for parenting eg importance of positive actions (praise) and that they really make a big difference. It would be great if this programme was made more known to parents."

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