



Time flies. Make every parenting moment count.

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

Now free in Australia

BUILD A CLOSER BOND, AND HELP CHILDREN REACH THEIR POTENTIAL

You want to support your 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!

- 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+ Australians 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 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 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

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