



WHAT IS TRIPLE P?

Triple P gives parents the skills they need to raise confident, healthy children and teenagers and to build strong family relationships.



for every parent



Hope Starts Today.

GET IN TOUCH

283 W. 2nd St.
Oswego, NY 13126
315-342-4489

preventionstaff@farnhaminc.org



Hope Starts Today.



WHAT ARE TRIPLE P DISCUSSION GROUPS?

Triple P Discussion Groups are short, small group sessions that offer practical advice for tackling a specific problem behavior.

A discussion group is run by a trained Triple P provider. Each session brings together about 10-12 parents who are experiencing the same parenting problem, and covers one of four topics listed to the right.

TRIPLE P CAN HELP YOU IN:

- Developing a positive relationship
- Increasing desirable behaviors
- Teaching new skills and behaviors
- Managing problem behavior

ABOUT TRIPLE P

What happens at a discussion group?

In a relaxed group session, your provider will give you tips and suggestions for dealing with your child's problem behavior.

Each session takes approximately two hours.

0-12 Triple P discussion group topics

- Dealing with disobedience
- Developing good bedtime routines
- Managing fighting and aggression
- Hassle-free shopping with children

Teen Triple P discussion group topics

- Getting teenagers to cooperate
- Coping with teenagers emotions
- Building teenagers survival skills
- Reducing family conflict

