

Triple P is an evidence-based parenting program that aims to:



Strengthen the parent's capacity to support their children's safety, stability, development and wellbeing.



Increase parental confidence, skills and knowledge about raising children.



Increase positive interactions between the parent and their child.

"I love how Berry Street provides accessible seminars and parenting tips to the community, as not everyone has family or friends to go to."

- Triple P participant

We believe that children, young people and families should be safe, thriving and hopeful.

For more information:

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Berry Street acknowledges Aboriginal and Torres Strait Islander peoples as the Traditional Custodians of the lands, skies and waterways across Australia. We recognise that we operate on stolen land and that sovereignty was never ceded. We are committed to supporting Aboriginal and Torres Strait Islander children and young people in our care to connect to their cultures, countries and communities.



Berry Street is committed to the principles of social justice. Berry Street supports the LGBTIQ+ community and celebrates diversity.



Triple P – Positive Parenting Program

Small Changes, Big Differences

BERRY STREET

Believing In Children, Young People, Families & Their Future.



What is Triple P?

Triple P – Positive Parenting Program is an evidence-based program that provides parents or caregivers with simple, practical strategies to build strong, healthy relationships while confidently managing their children's behaviour.

Triple P uses a strengths-based and self-regulatory approach that builds on existing parenting skills.

Triple P does not tell parents how to raise *their* children. Rather, it offers simple and practical strategies that parents can adapt to suit their own values, beliefs and needs.

Triple P is a free community-based voluntary service.

"The different parenting strategies were really helpful and really practical."

- Triple P participant

How is Triple P delivered?

Triple P can be delivered in a range of ways to meet the unique needs of the family, including one-to-one, small groups or large groups (in-person or online):

- **Primary Care** – one-to-one support for families with children (0-12 years) with a focus on assisting parents to address specific parenting concerns (up to 3 months)
- **Seminars** (2-hour seminar)
- **Parent Groups** (weekly/fortnightly 90 minute sessions for 6 weeks)

Triple P Fear Less Program

Triple P's Fear Less Program supports parents to learn new strategies for managing their child's (6-14 years) anxiety. Our Fear Less program offers one-to-one support, seminars and parent groups.



Who is Triple P for?

Triple P is available for parents or caregivers of children to teens (0-14 years).

We work with families who reside in Banyule, Nillumbik, Darebin, Yarra and Whittlesea local government areas.

Referrals to Triple P can be made via self-referral or by service providers.

Berry Street's Triple P team believes...

That all families have strengths.

That all family members have the right to feel safe.

That all parents should be able to access the support they need in order to provide a safe environment for their children.

That all families experience difficulties at times and some extra support can help them to overcome these difficulties.

"Now I have another tool in my toolkit to help manage my child's anxiety as it comes up in everyday life."

- Triple P participant