



## 5 STEPS TO POSITIVE PARENTING

**Triple P helps make raising children and teenagers easier and more enjoyable for both you and the kids. It's about building relationships, communicating well and encouraging the kind of behaviour you want to see. It helps you manage your child's behaviour, emotions and development in a way that isn't hurtful.**

Positive parenting helps you feel more confident and less stressed about raising children. You're likely to have fewer arguments with your partner. And kids who grow up with positive parenting do well at school. They make friends easily. They feel good about themselves. They're also less likely to have behavioural or emotional problems when they get older.

Like the sound of Triple P? Well, here's just a little taste: five principles that underpin Triple P's positive parenting. These principles are relevant whether you've got toddlers, teens or in-betweens!

### 1. CREATE A SAFE, INTERESTING ENVIRONMENT

Bored kids are likely to misbehave. Bored teenagers may find trouble. So create an environment that allows kids to explore safely and develop their skills.

### 2. HAVE A POSITIVE LEARNING ENVIRONMENT

If a child or teenager comes to you for help or a chat, they're ready to learn. Give them positive attention, even if only for a minute or so. Encourage their ideas and opinions.

### 3. USE ASSERTIVE DISCIPLINE

Set clear rules and boundaries and follow through with fair consequences. You can negotiate some of these with older kids and decide on the rules and consequences together. Praise little and big kids to encourage the behaviour you like.

### 4. HAVE REALISTIC EXPECTATIONS

Nobody's perfect – kids, teenagers or adults – so don't expect your child to do more (or less) than they're capable of. And remember, we all make mistakes sometimes.

### 5. TAKE CARE OF YOURSELF AS A PARENT

It's all about balance. You've got to look after your own needs too, so make sure you're getting some support, time with friends, and maybe even a little time to yourself!