



# Support for resilience and coping skills makes family life less stressful and more enjoyable!

**Children's emotional wellbeing, especially in challenging times, is better when whānau can get the right support!**

Now, all Kiwi families and communities have free access to support that helps parents and caregivers encourage tamariki's resilience and life skills.

The Triple P – Positive Parenting Program® helps you to:

Support children's emotional wellbeing | Develop their potential | Cope with parenting stress

## **Positive change is possible, and you can start right now – it's free!**

The Triple P Online programme is now free throughout Aotearoa to help parents and caregivers positively support children's life skills, and help everyone stay calm and positive.

### **TRIPLE P ONLINE**

#### **For parents/caregivers of toddlers to 12-year-olds**

- Feel confident you're able to handle each new age and stage and situation
- Know how to address child behaviours, promote new skills and help emotional self-regulation
- Improve relationships
- Raise happier, more confident and capable tamariki
- Enjoy family life more!

**8 modules**

- Interactive, easy-to-use online programme 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
- Positive caregiving during COVID-19 and beyond - extra 'Parenting in Uncertain Times' module included
- Raise happier, more confident and capable tamariki
- Do the programme at your pace, and at your place!

## **START YOUR FREE PROGRAMME TODAY**

**[www.triplep-parenting.net.nz](http://www.triplep-parenting.net.nz)**

FREE online support is funded by the Ministry of Health with support from Whāraurau