



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 build up resilience and emotional wellbeing for our tamariki.

The Triple P – Positive Parenting Program® helps with:
Child anxiety | Emotional wellbeing | Coping with parenting stress

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

These free Triple P Online programmes are now available throughout Aotearoa to help parents and caregivers positively support children to reduce anxiety, and cope with life's challenges. And help everyone stay calm and positive!

- Interactive, easy-to-use online programmes 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
- Choose a programme and do it at your pace, and at your place!

FEAR-LESS TRIPLE P ONLINE

For parents/caregivers of kids (6-14 years)
who are often anxious

- Develop a better understanding of anxiety and fear and what can be done about it
- Understand what's within your control to change
- Proven principles to help children develop their own toolkit of coping skills to overcome anxiety
- Know what to do when a child is anxious or upset

6 modules

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

START YOUR FREE PROGRAMME TODAY

www.triplep-parenting.net.nz

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