



# Primary Care Triple P For Everyday Problems



## IS THIS YOU?

Being a parent should be easier than this! Perhaps you can't take your daughter shopping because she throws a tantrum every time. Or maybe you have a child who makes bedtime a nightmare. Or a son who never seem to listen to anything you tell him to.

If your child has a particular behaviour problem that is making family life more difficult than it should be, then Primary Care Triple P can help. Primary Care Triple P gives guidance that is tailored to help you with specific issues.

## WHAT IS PRIMARY CARE TRIPLE P?

This is a very brief and private way for parents to get Triple P support. There are usually about four sessions (although sometimes more, sometimes less). It will be just you (and your partner, if you wish) and a Triple P provider. There will be no other parents at these sessions. Primary Care Triple P is for parents of children from birth - 12 years.

## WHAT HAPPENS AT THE SESSIONS?

You will take with your provider about the problem you have. You will discuss what might be causing your child to behave this way. Then you'll work out the changes you would like to see in your child's behaviour.

## HOW LONG DO THE SESSIONS TAKE AND HOW OFTEN?

You will have 4 sessions than can take anywhere from 30 minutes to an hour.

### Grande Prairie and Area Family Resource Network

