

## Information . . .

**Where: Just Say Something**

850 S. Pleasantburg Drive, Suite 202  
Greenville, SC 29607

**When: Weekdays**

Call for dates & times.

**Time: 9:00AM-5:30PM**

**Leader: Certified Professional**  
trained in the National  
Triple P Program

**How to Register:**

Contact Karen Hyatt at (864) 467-4099  
Or [karen@justsaysomethingsc.org](mailto:karen@justsaysomethingsc.org).

*One of Just Say Something's  
Parent Enrichment Courses.*

*Triple P helps make raising  
children/teens easier and more  
enjoyable for both you and the  
kids.*



*It also helps you build  
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**JUST SAY  
SOMETHING**

conversations about drugs and alcohol

## Triple P



### Positive Parenting Program

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864.467.4099

[justsaysomethingsc.org/triplep](http://justsaysomethingsc.org/triplep)

## What Is Triple P?

Triple P is a parenting program, but it doesn't tell you how to be a parent. It's more like a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them. It's all about making Triple P work for you.

### What Does Triple P Do?

The three Ps in 'Triple P' stand for 'Positive Parenting Program' which means your family life is going to be much more enjoyable.

### Triple P Helps You:

- Raise happy, confident kids
- Manage misbehavior so everyone in the family enjoys life more
- Set rules and routines that everyone respects and follows
- Encourage behavior you like
- Take care of yourself as a parent
- Feel confident you're doing the right thing



*"I have the right to be told that my mother and father will always love me."*

## How Does Triple P Do?

Because all families are different, Triple P has a range of ways to get your positive parenting program. Choose anything from...

- **Single visit consultations**
- **Public seminars**
- **Group Courses**
- **Private or online sessions**
- **Home or other sessions**

## How Do You Do Triple P?

Triple P helps make raising children & teens easier & more enjoyable for both you & the kids. It helps you build relationships, communicate & encourage the kind of behavior you want to see. It also helps you manage your child's behavior, emotions & development in a way that isn't hurtful.

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!

## 5 Steps to Positive Parenting!

- ❖ Create a safer interesting environment
- ❖ Have a positive learning environment
- ❖ Use assertive discipline
- ❖ Have realistic expectations
- ❖ Take care of yourself as a parent