



# Five steps to positive parenting



With so much conflicting information about parenting, how do you know what's best and what works? Triple P - Positive Parenting Program has 30 years' research to back it up. These are the five proven steps to a better family life.

1

## Create a safe, interesting environment

Children need to play, explore and investigate their world, so remove potential dangers from your home, teach basic safety and provide lots of interesting things to keep children busy.

2

## Have a positive learning environment

When your child comes to you for help or to talk, they're ready to learn. Give them positive attention, even if only for a minute or so.

3

## Use assertive discipline

Children do best in a predictable, stable environment, so set clear rules and boundaries and follow through with appropriate consequences. Encourage behavior you like with lots of praise.

4

## Have realistic expectations

Nobody's perfect - children or adults - so don't expect your child to do more than they're capable of. And remember, all parents struggle from time to time.

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, fun and maybe even a little time to yourself!



Find out more: [www.triplep-parenting.net](http://www.triplep-parenting.net)