**Triple P**

The Triple P –Positive Parenting Programme ® is one of the world’s most effective parenting programmes.

It gives parents the skills they need to raise confident, healthy children and teenagers as well as building stronger family relationships. It also helps parents to manage misbehaviour and offers support to help prevent problems arising.

“As parents we ourselves may be feeling a range of uncomfortable emotions (including anxiety, anger, and sadness); as well as uncertainty about what to do and how we can cope. These feelings are entirely reasonable and normal. It is important to remember (and to remind children) that communities are working together to keep people safe – New rules in the Supermarket, Not going out and Social Distancing.”

**Practical Ideas/Strategies**

1. Take care of yourself – Our children pick up on our anxieties, and this then makes them think they also need to be worried. Help to deal with your own stresses and anxieties by taking actions that give you a sense of personal control. Mindfulness and/or deep breathing exercises can help to reduce stress and anxiety. Try to avoid behaviour that may increase your stresses, and prioritise self-care. See PBS Guide on Meditation and Mindfulness, and Yoga for ideas on calming activities to do by yourself or with your child
2. Keep your daily routines – Try to keep to your usual routines where possible. This includes getting up, mealtimes and going to bed. It may help to plan a timetable for the day. This can help outline what is going to be happening for the day, and when it is going to happen. Try to include a variety of activities that your child particularly enjoys, and if needed you can also add in some extra handwashing tasks as required. “Remember if children are busy, they are less likely to be bored, anxious, sad or engage in maladaptive behaviours”. See PBS Guides on Routine and Communication for ideas around how to structure your day.
3. Promote the positive behaviours you see – A behaviour noticed is a behaviour repeated. Give your child positive attention by letting them know you are pleased, telling them what they have just done e.g. “That’s a lovely rainbow you painted, we can put it in the window for everyone else to smile at too, Well done”
4. Be honest - if you are asked questions from your child, Find out what they already know, keep your answers simple and appropriate for your child’s stage of development, If you don’t know the answer, offer to find it out, you may also be interested in the answer for yourself. But do not make promises you can’t keep – e.g. Things will be back to normal by your birthday.
5. Take time to talk and connect with others – Accept a friends invite to meet for a cup of tea, consider what parental peer support groups are available in your area. Try to make greater use of the phone and the various online video chat resources that are available.

For the full list of top parenting tips from Triple P, please visit the website listed below.

**Online Resources / Videos**

[www.Triplep-parenting.com](http://www.Triplep-parenting.com)

**References**

Sanders M R and Cobham V E (2020), Triple P guide – Top parenting tips for parents and carers in uncertain times. Parenting and Family Support Centre [WWW.Triplep-parenting.com](http://WWW.Triplep-parenting.com) ©The University of Queensland