



POSITIVE PARENTING PROGRAM

Understand your child's emotions and help them bounce back.

It has been a tough few years. Many families are facing challenges, and some children have reacted in unexpected ways.

We do not claim to have all the answers but **POSITIVE PARENTING PROGRAM** helps with ideas to build our children's resilience and hopefully minimise those family conflicts which are often so exhausting. It is an online FREE service and backed by the Victorian State Government.

- Find out how to promote your child's or teenager's emotional wellbeing.
- Support your children to cope with life's ups and down's – FREE Triple P programs have [simple strategies](#) you can start using right now!
- Read our [online magazine](#) full of articles and ideas to help with parenting during uncertain times.
- Make family life more enjoyable for everyone, with tips that really work.
- Join thousands of Victorian parents, and millions around the world, who've been helped by the Triple P – Positive Parenting Program!

Click on the **HOT PARENTING TOPICS** for a myriad of different scenarios.

Website: <https://www.triplep-parenting.net.au/vic-en/triple-p/>