



An Independent Licensee of the Blue Cross Blue Shield Association

Health
Choice

Triple P is designed to give parents the skills they need to raise confident, healthy children and teenagers and to build stronger family relationships. Triple P doesn't tell people how to parent. Rather, it gives parents simple and practical strategies they can adapt to suit their own values, beliefs and needs. The benefits can be dramatic and long-lasting.

Triple P Seminars are designed to cover the most common parenting issues everyone faces. These include: The Power of Positive Parenting; Raising Confident, Competent Children; and Raising Resilient Children. Seminars last 90 minutes and serve as a helpful introduction to other Triple P series for parents and educators.

Fear-Less Triple P supports parents and helps them to learn new cognitive behavioral strategies for anxiety management, encouraging them to apply these themselves for all their children. The Fear-Less Triple P program can either be completed in three weekly group 2-hour sessions, or as a 1-day intensive group workshop. The group and individual variants are intensive interventions suited to parents or caregivers of children aged from 6 to 14 years who have moderate to high levels of anxiety that negatively impact on everyday functioning.

Topics covered include: Anxiety – what is it and how does it develop; Promoting emotional resilience in children; Modeling and the way children think; The way you behave – avoidance and exposure; Parental strategies for responding to children's anxiety; Constructive problem solving – how to promote and maintain gains.

**FOR REGISTRATION &
MORE INFORMATION on
local offerings:**



Triple P Discussion Groups provide support in dealing with specific everyday issues like challenging behavior, sibling fighting and aggression, bedtime routines, stress-free shopping with kids, and more. Parents and educators gain practical tips and strategies to use immediately, and for various parenting situations, boosting your confidence and helping to create a calmer, happier family life. Five 90-minute sessions are offered in a series.

GROUP Triple P helps parents of children birth to age 12 encourage behavior they like, deal with problem behavior, become confident as a parent, be realistic about parenting, and take care of themselves. If educators participate, it provides a framework to support parents through engagement and reinforcing skills implemented at home, in the school setting. Group Triple P is an 8-week experience, with 5 face to face or virtual group sessions, and 3 consultation individual sessions.

All Triple P services are facilitated by accredited educators at Arizona PBS. The Triple P – Positive Parenting Program® is one of the world's most effective parenting programs. It is one of the few based on evidence from ongoing scientific research. Developed by clinical psychologist Professor Matt Sanders and his colleagues at Australia's University of Queensland, Triple P has been tested with thousands of families through more than four decades of ongoing research. More than 980 trials, studies and published papers, including more than 335 evaluation papers, 172 of which are randomized controlled trials, have shown it works across cultures, socioeconomic groups and in many different family structures.