

# Five Principles of Triple P

## 1. Ensure a safe and engaging environment

Children thrive when they have an environment that provides them an opportunity to play and learn by exploring in a safe surrounding. By providing supervision and a setting free of hazards, you will be able to relax more and your child can be adventurous without risk of being hurt. Start by child proofing your home—child locks on cupboards and outlets, remove sharp objects and any breakables from their reach. Stimulate your child by making available a variety of activities that will promote language and intellectual development.

Bubble wrap kids

Screen time dilemma

Should kids take risks?

## 2. Create a positive learning environment

Your child needs to know that you are there for them when they need you. When you help your child to learn by providing opportunities for trial and error, be there for the encouragement, attention and help if they need it. When you praise your child for doing something you like, they are more likely to do it again.

Help kids solve problems

Why we should talk to our children

## 3. Use assertive discipline

Discipline can teach your child to accept responsibility for their actions, develop self control and keep in mind the needs of others when they are provided with consistent and predictable messages.

A quick response when your child misbehaves that teaches your child the proper way to behave is most effective. When you can avoid yelling, name calling, making threats and physical discipline, assertive discipline will be successful.

Setting ground rules

How to get out the door on time in the morning

## 4. Have realistic expectations

All children develop at their own rate. As a parent, don't rush the milestones such as toilet training. When your child is physically and intellectually capable of learning the new skill, they will.

Mistakes happen so don't expect your child to be perfect all the time—always polite, always tidy, or always happy and cooperative. You will be the one disappointed and a possible result will be conflict with your children. Be a good parent not a perfect one.

Single parenting

Common parent traps

Sore loser syndrome

## 5. Take care of yourself as a parent

When you can manage time for yourself as well as your family, parenting can be easy! Make time for yourself and meet your own needs for companionship, intimacy, recreation and time alone. Patience, consistency and being available to your child will come more easily when your own needs are being met.

Team parents argue less

Managing stress when you have kids

Juggling work and family

