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No more morning madness

7-year-old gets ready, like magic!



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Winning @ Winter

Molly Grantham's picks, cool craft and lots more



8

Go grandparents!

Three generations benefit from Triple P tips



Tippaper

Parenting tips and information for every parent

No.4

> Triple P – Positive Parenting | Helping Kids learn | Winter 2016

www.triplep-parenting.net



Free parenting help in North Carolina

If only parenting in real life were as easy as it is on TV commercials! Luckily, if parents in North Carolina have run out of ideas to handle everyday challenges like tantrums, bedtime battles and teenage dramas, they can access one of the world's leading parenting programs for support. The North Carolina Triple P State Learning Collaborative has made the Triple P – Positive Parenting Program available, free or at low cost, to eligible parents of children up to 12 years, or up to 16 years in some areas.

There are parent seminars for large groups, small discussion groups, and one-on-one private consultations, as well as more intensive group-based programs and a self-directed online version. Triple P providers are available across 33 counties: Alamance, Alleghany, Ashe, Beaufort, Bertie, Buncombe, Cabarrus, Camden, Chowan, Currituck, Durham, Edgecombe, Gates, Greene, Halifax, Hertford, Hyde, Jones, Lenoir, Madison, Martin, Mecklenberg, Nash, Northampton, Pasquotank, Perquimans, Pitt, Tyrrell, Vance, Wake, Warren, Washington and Watauga.

Find confidence

It's amazing the difference a little confidence can make to a parent's life. The Triple P – Positive Parenting Program gives parents the skills they need to build better relationships with their children, solve problems and become more confident parents. And because Triple P is based on 30 years of ongoing research with families around the world, you can be confident it can help you too.

Major move led to meltdowns

Moving clear across the country is hard for anyone, let alone a 3-year-old who's also adjusting to life with a new sibling. So when Aleksandra Holod and her husband Shane Nye moved from California to North Carolina not long before their new baby was born, they understood why their little boy, Theo, went into meltdown mode. They just didn't know exactly what to do about it.

Aleksandra, who is a psychologist herself, could see that Theo was dealing with the cross-country move and the birth of a sibling the only way he knew how—by throwing tantrums.

"My son would get upset about something, and then he just could not calm himself down," she says.

"I felt like we didn't have control of the situation, and that Theo was calling all the shots."

Theo had left behind not only his home and routines, but also a childcare provider he adored.

"He was in a family childcare setting and was really close with his childcare provider, Angela," explains Aleksandra.

"He was there 45 hours a week, and then one day—poof! Angela's gone, the house he's familiar with is gone. Two months later he starts a new preschool, which was a big transition, and two months after that his baby sister was born. He just wound up being so stressed out, because all the things he had known had changed," Aleksandra says.

Aleksandra and Shane turned to Triple P for help. Triple P is one of

the world's most effective parenting programs and offers parents simple strategies and tips to manage family life.

It's available for free or low cost to North Carolina families, and there are a number of different ways to access the program.

When Aleksandra discovered Triple P through a mothers' group, she learned strategies to help Theo adjust to the family's new life in North Carolina.

What was the key to stopping the tantrums? Find out on p. 3



Contact?
Go to the website
triplep-parenting.net

2 Positive parenting in North Carolina

Fast facts

2,287,111

Estimated number of children (people under 18) in North Carolina

Source: quickfacts.census.gov (2014 Census data)

-34 °F

Lowest winter temperature ever recorded in North Carolina (Mount Mitchell, Yancey County, March 13 1993)

Source: climate.ncsu.edu



7+

Average hours per day kids over 8 yrs old spend consuming entertainment media

Source: University of Maine (umaine.edu) Children, Television, and Screen Time (2011)



Something to suit everyone

One of the many things people like about Triple P is it offers different types of support to help parents with a wide variety of challenges.

Triple P providers know that one size doesn't fit all, because each family has its own needs.

So whether you're dealing with the big or small problems of family life, Triple P is here to help. Here in North Carolina, there are 33 counties where you can access a wide variety of Triple P levels, free or at low cost. And right across North Carolina you can do Triple P Online via your computer or smartphone.

Each county has selected its own range of programs, which may include:

- One-off seminars for big groups of parents, covering issues such as the basics of positive parenting and how to build your child's confidence and resilience
- Smaller group programs with other parents, with a provider to guide you through solutions that will work for you
- Short programs that can be extended if you need a bit of extra support
- Individual sessions with a provider at a time that suits you.

Your Triple P session with a provider might be a 15–30 minute chat, or a group session of up to a couple of hours. Some are offered in Spanish. Many counties have Triple P programs especially designed for:

- Parents of teenagers
- Parents of children with a disability
- Parents who'd like help creating a healthier lifestyle for their children.

Find out more under the Get Help menu at www.triplep-parenting.net



Calm and on time: Belinda and Kaziah



Hassle-free mornings: now everyone's on time

Like many families, Belinda Jones-Hill and her 7-year-old granddaughter, Kaziah, were finding mornings difficult to manage. Belinda found herself repeating directions over and over. Kaziah was easily distracted, and everyone wound up running late—not a great start to the day.

Because Kaziah is sometimes with Belinda, sometimes with her mom and dad, there were different sets of rules and a lack of consistency.

"Kaziah likes her mom time and her dad time, but we all have different lifestyles and different ways of doing things," says Belinda.

"I think that's what leads to her being confused and distracted, because sometimes she's allowed to do things at one place, and in another place she's not," she says. "So my goal was to be more consistent with her, so she will know what to do every day no matter where she is."

Looking for help, Belinda discovered group sessions of Triple P's Positive Parenting Program. She quickly learned strategies that established consistency and helped make life easier for everyone. For example, she learned new ways to make getting ready for school and work run more smoothly.

"Mornings were the worst for both of us, because I was trying to get

ready for work and I needed her to be as independent as she could be. But working with Triple P taught me that her issues were just as much mine," says Belinda.

"I learned that I'm the person who drives the strategies"

"I thought it was important for her to sleep later so she was well-rested, but then we wouldn't have enough time to get ready. So I started waking her up earlier, and we listed everything she needed to do on a chart, such as brushing teeth and getting dressed. Then she could check each one off."

Kaziah took pride in the checking-off process, and the morning routine soon became a consistent habit.

Every time Kaziah checked a task off her chart, Belinda used positive praise. She was surprised to see how much difference it made to tell Kaziah she'd

done a good job: "I realized that I [hadn't been] doing that enough, because I was just trying to get things done. But she needed that feedback."

Belinda says even when she went away to an overnight conference and her sister stayed with Kaziah, the 7-year-old stuck to her routine. Kaziah made sure that she laid her clothes out the night before, the way she did when Belinda was there. Each morning ran smoothly, with Kaziah arriving at school calmly and on time.

Belinda says Triple P taught her that in order to develop consistency in Kaziah's life, she had to be consistent with her approach. In the past, she had tried other methods, but grew frustrated when she didn't see results and quickly abandoned the techniques. Triple P was different: "I learned that I'm the person who drives the strategies, and how important it is that I am focused on using them. The strategies are common sense, so it was easy to put them to memory." ■





Happy to say bye-bye to tantrums



Three-year-old Theo began throwing tantrums after a move to North Carolina and the birth of a baby sister. Even though his mom Aleksandra Holod has a PhD in child development, and could see what the problem was, she and her husband Shane Nye still knew they needed a little help from Triple P to sort it out.

"They don't teach you parenting in school; they teach you research and theory. Knowing how to parent is not something that you really learn anywhere, and it's hard to get inside the head of a 3-year-old when you're a grown-up. It's difficult to really understand how he sees the world."

At first, Aleksandra and husband Shane tried logic with Theo, but they quickly learned that a 3-year-old isn't capable of reasoning. The approach backfired, and the situation would escalate.

"I had thought about time-outs, but I was not sure if they were appropriate for a child this young. Would he understand what a time-out was? I tried to do it the way my parents had when I was 10, and sent him to his room, but he would end up terrified," she says.

Aleksandra and Shane worked with Triple P provider Christian Adams, who came to their home in the evening after Theo and his 10-month-old sister, Lilah, had been put to bed.

Christian helped Aleksandra and Shane put some new strategies into place, including using time-outs more effectively.

"I was really skeptical that a time-out was going to work," Aleksandra says.

But Christian emphasized the importance of putting positively-framed, simple rules about behavior into place first.

The family decided on a few important rules, including being gentle with toys and always using an inside voice, even when angry.

Within a week and a half, the tantrums stopped completely: "It was amazing—for six months, he had been having tantrums multiple times a day," says Aleksandra.

"We found ourselves thinking 'Christian was so right—time-outs do work!'"

The household is now happily tantrum-free, and while there's still some adjusting to do, Theo's doing well and Mom and Dad are finding life a lot easier! ■

Continued from page 1 >



Happiness is: Mom & Dad (Aleksandra & Shane), Theo, and Lilah

Perfect pairing! Polly and Dawn team up in Asheville

When Triple P providers Polly Bolding and Dawn Lamb work together, the results are twice as nice! Polly, the Enrollment and Engagement Coordinator with Asheville City Schools Preschool, and Dawn, a pediatric and school nurse, often combine their expertise and lead parent seminars together.



When they deliver Triple P together at preschools, schools, and community locations around Asheville, they bring together their unique perspectives, as Dawn explains: "Polly is an early childhood educator and I'm a pediatric nurse, [so] we can offer parents more of a multidisciplinary perspective. Polly gives great examples on problem-solving, whereas I am more focused on safety and health concerns. Both are crucial areas, significant in child development."

The women usually begin each seminar by sharing information about how to best support a child's development, then talk about concrete strategies, giving parents specific ideas about what they can do and say to address behavior concerns. At the end of the seminar, both are available to field questions or let parents know how to get more information.

"It's really useful to spend time thinking about what's going well"

So what do Polly and Dawn love about working together? "The fact that we can bounce ideas off each other to best address the concerns of our parents," said Polly.



Asheville Triple P Providers Polly Bolding (L) and Dawn Lamb (R)

The two spend a lot of time listening to one another, and also take time for reflection—an important habit they also address with families.

"Our parents say it's really useful to spend time thinking about what's going well for them, and also what they want to focus on. Triple P really encourages reflection, and encourages parents to stop and think, 'what is my child doing, what am I doing, and what do I want

to be doing? How do I practice that?" says Polly.

Dawn agrees that reflection is especially useful, explaining: "Triple P offers a moment to just stop and think about my child, where he or she is developmentally, and why he does what he does."

"Then it offers parents some really tangible information and tools. It fosters a sense that it's okay to just stop and listen

to your child, pay attention, validate his needs and give appropriate guidance in a kind, direct manner."

Polly and Dawn connect with their parent audiences by leading seminars in a fun, interactive way.

They say one of the most useful strategies they teach through Triple P is how to give clear, effective instructions. The two convey this by acting it out together. This illustrates to parents what it looks like to give clear instructions and follow through. Plus, it's fun!

"Children can grow and learn to be successful through every stage in life"

Polly and Dawn say Triple P brings out each parent's unique qualities. This, in turn, helps parents to be more confident about being able to parent successfully through each stage of development.

"[Triple P] offers information and strategies that foster and empower parents," says Dawn.

"Their children can grow and learn to be successful through every stage in life, and go on to be confident, competent parents themselves. It is a dynamic generational gift—a real family blessing!" ■

4 Create a positive learning environment



Find time for cuddles, conversation...and play!

Kids who know that their parents like to spend time with them grow up into confident, healthy individuals ready to go out into the world and learn new things.

Spending time with your children, even when they're very little, makes them feel good about themselves and encourages them to try their best.

But this doesn't mean you have to find time for regular grand outings. Simple, everyday things can be just as important as big occasions. Spending quality time with your children includes just noticing what they are doing, taking two minutes out of the day to have a chat, or listening carefully when they ask a question.

Kids love to be noticed and there are many ways to show them you're glad to have them around. A smile, a wink, a pat

on the back or a high five are ways to show them you're paying attention, even when they haven't asked for it.

You can also show your kids how much they are loved and cared for with regular hugs and kisses. It's important, however, to tune into the level of physical attention your child is comfortable with and try to match it. And don't forget to tell them you love them!

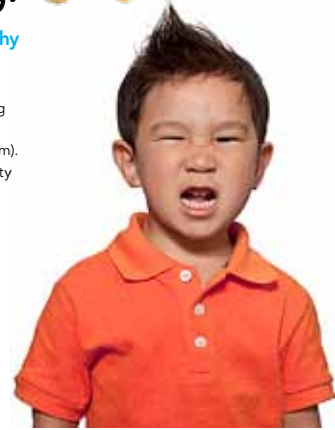
When you have a chat with your child, ask them about their day but make sure you also share your own news. This is a great way for kids to learn that having a conversation is also about listening

as well as talking. They will be learning important social skills which will help them make new friends (and keep them).

Playtime is another great opportunity to give your child some brief, but important, attention.

As your child is playing, watch what they are doing for a while. Encourage them by talking to them or asking questions. But be careful not to take over or tell them how to play—let them take the lead and have some fun together. ■

— Professor Matt Sanders



Ten Minutes with... Parmilla Edwards



Triple P provider Parmilla Edwards is an Adult Educator with Greene County Literacy. Since October 2014, she's helped more than 70 families.

We know children learn by example. What kind of good examples do parents like to set?

One might be when a parent wants to buy something or go somewhere, he or she can introduce the saving concept and how to make choices. For the younger child this could mean them watching the parent drop change into a jar and labeling it for a future activity.

Is it common for parents to worry about whether they're spending enough time with their children?

When we talk to parents, we talk about not just the amount of time, but the quality of the time you spend together. Even if you are always around your child, that doesn't necessarily mean that it's quality time. With our family literacy program, parents come in every day and spend 30 minutes in the child's classroom, working with them. That's a time when they don't have to answer the phone or do anything else, just concentrate on the child.

Can parents give a child too much praise?

Parents often ask me that. You need to look at the type of praise you're giving them. False praise is not a good idea—you shouldn't just make up things so you can praise them. But if it's genuine praise, when the child is making a particular effort, then that's encouragement. Once a child begins to master a new skill, praise for that skill can be phased out. They learn to do their best just for its own sake. That leads to genuine self-esteem.



What happens if a parent always does everything for their child because it's quicker or easier?

The child becomes dependent on the parent. Then the child may act out and have tantrums when the parent isn't there to do things for him.

What sort of changes do parents say they see when they show their child more affection?

The child becomes more affectionate and more open. The child starts talking more to the parent. Affection is not just touching, but also words—the parent saying 'I love you' and the child saying, 'I love you' back. Because of that affection, the child knows that the parent is really paying attention to him. ■

PARENTS SAY

We took to the streets of North Carolina and asked: What do your kids like to talk to you about?

Amie Fraley, Whispering Pines
Mother of four: Collette, 14, Tavish, 12, Maya, 9, and Jefferson, 6.

"With the older kids, we often talk about 'teen injustices' such as too much work from teachers and the latest school gossip. All the kids love to recall their favorite family memories (which often revolve around our late dog or family camping fiascos)."

Janeen Moore, Charlotte
Mother of two: Bryce, 10, and Sage, 6.

"Bryce is always talking, especially when we are in the car. He loves architecture, and he's curious about how things are built, so we often discuss the buildings in downtown Charlotte that we pass. Sage is quieter, but she loves talking about things that have happened in her day. That could be about what she had for lunch or a new friend."

Molly Freidinger, Concord
Mother of three: Will, 11, Charlie, 8, and Nathan, 6.

"My oldest son likes to talk to me about what we are having for dinner and the items on his Christmas list. My middle son would rather talk to me about our schedule—what are we doing the upcoming weekend, and fun activities on the calendar. My youngest is the one who tells me everything. He likes to talk about his friends, teachers, his latest Minecraft creation, and his current favorite superhero."

Amanda Senff, Southern Pines
Mother of three: Isabelle, 11, Harper, 8, and Quinn, 6.

"I have chatty kids! The top topics this week include Isabelle telling me about middle school, homework, and what her friends are doing. Harper likes to talk about her friends, what they play at recess and how she wears her hair. And Quinn will chat about snacks and Pokemon."

Holly Becker, Cornelius
Mother of three: Siler, 9, and twins Mila and Eli, 7.

"My three children love to talk to me over dinner about the big events of the day at school. It's everything from what they learned that day to what games they played at recess. Sometimes I even hear about haunted bathrooms at the elementary school or interesting vocabulary words learned on the school bus."





Gentle guidance helps create great little learners

Children are born to learn and it's at home where the lessons first start. That might be hard to remember when you're late home from work and trying to get dinner on the table, and the kids are fighting for your attention. But little eyes are always watching—and little minds are always learning.

Creating a positive learning environment—one of Triple P's five steps to positive parenting—helps ensure your child becomes a confident little person capable of making friends and doing their best at school, and in later life.

It starts with everyday things, like paying attention when your child comes up to you with a question, offering them hugs and kisses, and noticing what they are doing.

You can help them learn for themselves by talking to them more, and encouraging them to suggest possible answers

It's not always easy to remember to do these little things, especially when you are busy. But this kind of attention not only shows your child that you love them, it teaches them how to get along with others.

How we speak to our kids and deal with the stress of everyday life are among the first lessons we give to our children. So it's important to remember that we are always setting an example. Yelling when you want your children to do something only teaches them that it's best to shout to get what you want.

Even when you are stressed, try to speak to your children in a pleasant

voice. This shows your child you respect them and teaches them how to speak politely to others and remain calm, even in difficult situations.



As they grow, encourage your kids to take pride in the things they can achieve, and accept that sometimes things will go wrong. Help them to deal with strong emotions and disappointment without having to rely on temper tantrums. This will help them to be more resilient, and with practice, they will learn to cope when things don't go their way.

When your child comes to you because they want to know something, try not to brush them off or immediately provide the answer. Instead, you can help them learn for themselves by talking to them more, and encouraging them to suggest possible answers.

You can do this by gently asking questions, prompting, or saying something like "I wonder what would happen if..."

Try not to take it too far or turn these occasions into a mini-test. If your child doesn't know how to respond, tell them the answer and try again next time they ask a question.

Not only will your children have the confidence to learn and develop new skills, there will be a lot less stress and conflict

Everyday strategies such as these can really create a different atmosphere in the home. Not only will your children have the confidence to learn and develop new skills, there will be a lot less stress and conflict. And that's going to be good for everybody. ■

– Professor Matt Sanders



A problem solved...

Children who learn to solve their own problems tend to be resourceful, independent and confident about their abilities. But how can you encourage your child to do this for themselves?

1. The best way to introduce your child to problem-solving is to let them observe. A family meeting to discuss a problem is a good place to start.
2. Let your child see you dealing with problems and explain how you came up with a solution.
3. Encourage your child to participate in finding a solution by saying encouraging things like: "That's a good idea."
4. It's important not to jump in and solve all their problems for them. Instead, encourage your child to work things out for themselves.
5. Prompt your child to express their own opinion when they come to you with a problem.
6. Encourage them to think of all the options by asking, "Is there anything else?" ■

– Professor Matt Sanders



Contact?

Go to the website triplep-parenting.net

6 Staying positive at school



Tackling school behavior problems

It can be very worrying to parents when a child starts acting up at school. Problem behavior in the classroom can interfere with children's learning and development.

But as a parent, what can you do? The first step is to try to identify the cause of the problem behavior. Is the child bored, or struggling to keep up? Perhaps they don't understand the classroom rules. Problems can also arise when there are no clear or consistent

consequences for breaking the rules. And in some classrooms, busy teachers can sometimes fall into the trap of ignoring good behavior, paying more attention to the child who misbehaves.

So, sit down and talk to your child about what they see as the problem. Remember not to nag or lecture your child. Instead, ask them how they think the problem could be solved.

Then contact your child's teacher and ask for a meeting. Do as you have done with your child and ask the teacher to explain their concerns. It's important at this stage to let them know if you

have similar problems at home and how you deal with them. They may use your successful strategies.

When you both agree you are on the same page, ask the teacher for their ideas on correcting the problem. Together you can work out a plan and give each other feedback about the progress.

If you don't see results within a week, get together with the teacher again. Now would be the time to create a behavior diary—like a daily report card that the teacher fills in to show you whether your child is meeting the

behavior goals you've all agreed on. Of course, the child needs to understand how the diary works.

Praise and reward your child when goals are met and phase out the diary as their behavior improves. If the behavior gets worse, make sure there's a consequence and reinstate the diary. You may also want to have your child assessed for hidden causes of classroom misbehavior, such as learning difficulties or poor hearing. ■

— Professor Matt Sanders



Supporting each other helps kids succeed

Teamwork between schools and parents can be as easy as ABC—and it's terrific for kids, too. So says school counselor Laura Bennett, who helps families in Pitt County work through common behavioral issues to make life run more smoothly, both at school and at home.

Laura works as a school counselor at an early years' primary school (kindergarten through grade 2). She researched a number of different parenting programs before a fellow school counselor told her about Triple P. Upon looking into it further, she says the evidence-based program was exactly what she was looking for to best meet the developmental needs of her students.

"My job here as a school counselor is to help both the classroom teacher and the parent try to problem-solve," says Laura.

Laura says some of the major issues parents and teachers are struggling to deal with revolve around children having difficulties with sharing, getting along with others, accepting consequences, and following directions and rules.

"Many parents say that what (the teacher) is seeing at school is what they're dealing with at home as well. I want to make sure everybody's on board and that the strategies being implemented at school are also being implemented at home."

What makes it all work so well, she says, is the fact that Triple P is structured but flexible.

Laura started by offering three Triple P seminars: The Power of Positive Parenting, Raising Resilient Children, and Raising Confident and Competent Children.

"All of these seminars give really good tips on how to develop social and emotional strengths in children, for both school and home success," she explains.

The seminars are also an easy way to connect parents with teachers.

"We approached (the seminars) with a mentality that it takes a village to raise a child, so let's come together, support each other, and learn new ideas," she said. The response was great, with many parents showing up to more than one seminar so they could learn more.

Another way Laura uses Triple P is to invite parents to come in for a chat, along with their child's teacher, discuss behaviors they've seen and work on the best ways to implement Triple P strategies.

They also discuss the importance of consistency.

"We make sure we're all using the same language, so that at school we're mirroring what is done at home and vice versa."

Laura says that using Triple P at her school definitely makes the grade.

"Since we've been using the Triple P model, and since the parents, teacher, and myself have been all working

together, we've seen children who are making growth socially that leads to growth academically."

Laura says the Triple P approach blends with what is happening in the classroom, so it helps parents and teachers find solutions that work in both environments. And that's a rewarding result for everyone! ■



Pitt County Triple P Provider
Laura Bennett

Winter totally rocks! Ideas for family fun



Winter in the North Carolina mountains means one thing—fun! The town of Blowing Rock is easily accessible from many parts of the state, and winter is the ideal time to visit this picture-perfect spot. Check out our favorite free (and almost free) ways to make family memories.

Experience Winterfest

Taking place at the end of January, the annual tradition includes ice carving, a WinterPaws Dog Show, hayrides, and a bonfire. Don't miss the Polar Plunge at Chetola Resort, when brave souls plunge into the icy depths of the lake. Although there is a cost associated with a few of the events, many of the family-friendly activities are free.

See the sights

Even if it's too late to cut your own Christmas tree (there's always next year), you can still enjoy a hot chocolate by the fire pit or a ride out to the fields on a wagon. Or head to the quaint downtown area of Blowing Rock where lights twinkle in every tree. Kids can enjoy the playground in the heart of the district and burn off some energy while catching snowflakes on their tongues!



Go sledding with the kids at Beech Mountain

Beech Mountain is a favorite among the ski set, but renting equipment and slope passes can get expensive. Instead, opt for their free sled run, usually open from early December to mid-March. The hills can't be beat, and the combination of snowfall and a snow gun means conditions are almost always favorable for fun!



Elsewhere in N.C.

Looking for low-cost or free family activities? We found stacks on virtuالتourist.com, from art to zoos and everywhere in between (including lighthouses, museums, hiking trails, road trips, historic sites and free events). Just search for "North Carolina" on the Virtual Tourist website, then look under the "Things To Do" tab.

Stay at home fun

Snowed in? Get your craft on with simple winter-themed ideas that kids and adults can both enjoy. Colored ice cube garlands and rainbow icicles, dove ornaments, glue resist artwork and lots more can be found at thecraftycrow.net/winter. We love the microwave puffy paint recipe! ■



Visit the Blowing Rock itself

The town is named for this overhanging cliff-top rock, 4,000 feet above sea level. It's an easy hike for families, and kids can make light objects fly up in the air and maybe even see upside-down snowfalls, due to the air rushing up from the gorge below. Marvel at the scenery while you contemplate the legend of an Indian brave who jumped off the rock, only to be blown back up to his love. It's low cost (\$2 for adults, \$7 for children) and open year-round, weather permitting.

Plan ahead for stress-free outings

If you're setting out on an adventure with the kids, it's a good idea to plan ahead – being prepared can help you nip potential behavior issues in the bud.

Talk about the rules of the outing before you head off. Chat in a relaxed manner and get your child involved in deciding the rules. Choose only a few and keep them simple, for example: "Keep your hands and feet to yourself" and "Stay close to Mom."

Think about what could go wrong before you leave, to help prevent problems in advance. For example, if you know your child gets irritable when they're hungry, pack a snack and water. You may also need to take toys or games to occupy the little ones in the car or on the bus. If you're lining up with the kids, try starting a game of "I Spy" or asking them about what they notice in your surroundings, so they're less likely to become bored and fidgety. The idea is to keep children interested in something to prevent problems before they start. If you wait until things go wrong, you may accidentally reward misbehavior.

You may also like to create a rewards system so your child can earn a treat by

following the rules. And remember to praise and encourage the good behavior when you see it. You could even carry a sticker chart with you to reward good behavior as it happens.

If your child breaks the rules, there should be consequences that are practical and immediate. You should always plan and talk about the consequences before you leave home, though, so that your child knows what to expect. For example, if you're going to a playground, the consequence for pushing a little brother or sister could be to have the child sit quietly away from the swings for a few minutes.

Finally, when you're home again, it helps to have a brief follow-up discussion. Praise your child for following the rules. If necessary, point out one rule that was broken and what you'd like to see instead next time. ■

– Professor Matt Sanders

My winter: Molly Grantham

Molly Grantham, evening WBTV News anchor, is also a passionate advocate for children and families, especially those with cancer.

"Molly's kids" are our neighbors, friends, even our own children. Her beautiful, personal and Emmy-award-winning journalism is a call for us to help however we can. Since Molly warms hearts year-round, we asked her how she and her family—husband Wes, and children, Parker and Hutch—make the most of chilly winter days.

What's your favorite winter memory?

The kids had a blast on our first ever family ski trip last year. But I don't really like snow. I'm a beach-baby-bring-on-100-degree-weather all the way. I like sitting in front a wood-burning fireplace and drinking hot chocolate.

Favorite winter foods?

Hot chocolate, white chicken chili, and Christmas cookies. It's now tradition that Parker and I will take one whole day to make hundreds of cookies, all different

types. She decorates, we both snack, and later we package them as gifts.

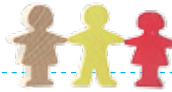
Is it hard to have to work on snow days?

Not really. I'm used to it. Sometimes it's hard to actually leave work to go back home when you know so many people are depending on information you're helping generate.

I usually have to come in early on snow days, but last winter I still got the mornings with Parker. We could play, then I'd go to work. She's an adaptable, fantastic little girl and she rolls with whatever the crazy schedule ends up throwing her way. ■



8 Triple P in North Carolina



Grandparents open to new ideas

Grandparents can play a special role in our families, and the relationship they share with their grandchildren can be rewarding for everyone.

However, grandparents can face some unique challenges concerning children's behavior, especially since it's often been many years since they've had to deal with issues such as tantrums or not listening. And their ideas on parenting may not be the same as the child's mom or dad.

One particular team of researchers and Triple P providers at East Carolina University understand well the issues grandparents face, and also how a program like Triple P can help.

Sharon Ballard, Eboni Baugh, and Lisa Tyndall are part of ECU's Department of Human Development and Family Science. Each holds a PhD, and are all trained Triple P providers. Having delivered many Triple P sessions, they couldn't help noticing there was always at least one grandparent in the room. This makes sense—many of us know grandparents provide regular childcare, or simply want to play an adult role in their grandchildren's lives.

"We had many grandparents who



ECU Triple P Providers (L-R) Eboni Baugh, Sharon Ballard and Lisa Tyndall

weren't primary caregivers, but came to the program because they wanted to help their adult children with parenting. There was this desire to be a support and they wanted consistency if the children came to their house," says Eboni.

The team found that grandparents who attended the class came in open-minded and willing to learn, and were looking for the best way to help their busy adult children.

"Sometimes you have this stereotype of grandparents being old-school and set in their ways; 'this is how we did it and this was good enough for me and my kids,' but

that wasn't it at all. They were receptive to the information and recognized things were different, and that some new strategies were needed," says Sharon.

Even though the adult children were often not involved in the Triple P sessions, the grandparents could go back and work with them to create consistent messages as far as dealing with behavior. Lisa says that's because Triple P's strategies are applicable to everyone, no matter the generation.

"Triple P focuses on helping parents, and grandparents for that matter, feel empowered, confident and in control." ■

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Triple P is brought to parents by the North Carolina Triple P State Learning Collaborative.

The content of this paper should not be construed as legal or clinical advice. Please visit a local practitioner. For your nearest Triple P provider, see www.triplep-parenting.net

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How to find help



The best place to find a Triple P provider or a session closest to you is North Carolina's Triple P parent website: www.triplep-parenting.net

On the website, you can find out more about different types of Triple P programs, under the "Get Help" menu tab:

- Some are designed to be done as a group with other parents, while others are one-on-one with your provider.
- There are programs for parents of young children and for parents of teenagers.
- Some are one-off sessions and others are ongoing courses.

Once you have an idea of the type of program you might prefer, you can either:

- Use the "Find A Provider" map on the website to find your nearest provider and contact them directly, or
- Check the calendar section for upcoming seminars, discussion groups or group sessions and sign up for whatever suits you.

New providers are training all the time throughout North Carolina

so the maps and calendar are updated regularly.

If you're not sure what you'd like to do, you can contact a provider to talk about your situation. Or if there's no provider close by, contact your County coordinator, or consider doing Triple P Online.

At right: List of coordinators for the 33 counties where Triple P providers are available. You can also do Triple P Online for free, anywhere in NC.



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