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Tippaper

Parenting tips and information for every parent

No.2

> Triple P, Take Care of Yourself, Winter 2015

www.triplep-parenting.net



Triple P comes to North Carolina

Thirty-three North Carolina counties have joined forces to bring the Triple P – Positive Parenting Program to parents in the state, in a collaboration that aims to make raising children easier.

Triple P is brought to North Carolina by the North Carolina Triple P State Learning Collaborative and is available to eligible parents of children up to 12 years, or parents of children up to 16 years, free or at low cost.

The 33 counties offering Triple P are 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.

Millions of families

Triple P is regarded as one of the world's most extensively researched parenting programs. It's listed by the United Nations as having the most extensive evidence base in the world. It started more than 30 years ago, as the research project of a young clinical psychologist. Today, Professor Matt Sanders is considered one of the world's leading parenting authorities.

And his Triple P – Positive Parenting Program has been shown to work time and time again, helping millions of children and families around the globe.

Turn the tide on tantrums

Like so many parents of two-year-olds, Jennifer and Drew Costanzo, of Winterville, often found themselves repeating directions again... and again... and again.

"Our son Blake was a typical two-year-old and we wound up having to give instructions to him over and over. It was exhausting," Jennifer says.

Heading to the grocery store or running errands could be daunting. Two-year-olds are well known for being wildly unpredictable, and when Jennifer refused to buy Blake a toy or candy, the result could be a full-on meltdown.

Jennifer, who is pregnant with the couple's second child, and Drew, a firefighter who works 24 hours in a shift, knew they needed to find an approach to help them with Blake and prepare for the new baby.

So when the Triple P – Positive Parenting Program was offered to

employees at Pitt County Health Department where Jennifer works as a medical records manager, she did not hesitate.

The Triple P – Positive Parenting Program is one of the world's most effective parenting programs and gives parents simple tips to help manage family life. It is available for free or at low cost for families with children aged up to 16 in 33 North Carolina counties.

Families can find help with Triple P in a number of ways. Jennifer took part in Group Triple P, which involves five two-hour sessions with a small group of around 12 parents, and three 15-minute support phone calls with her Triple P accredited provider at home.

Triple P has helped the Costanzo family add consistency to a routine that's not necessarily consistent because of Drew's job. And Jennifer has discovered that praise can work wonders.

Now, even when things go awry, as they often can still do, Jennifer says she feels confident she can handle the situation.

"Trying to manage two kids is scary to think about, but I think using what I've learned will make it easier," Jennifer says. ■

Learn how the Costanzos use praise and planning ahead to prevent shopping mall meltdowns, Page 3.



Contact?

Check our website
triplep-parenting.net

2 About Triple P

26%

of parents say they are too stressed to enjoy playing with their children

Source: Ikea PlayReport 2010

One in four

children aged 6–17 have read a book on a computer or digital device

Source: Kids and Family Reading Report 2010

13 million

The number of people who visit North Carolina's state parks each year

Source: www.ncparks.gov



Help is tailored just for your needs

Families have different needs when it comes to parenting help. Some parents might need just a tip or two to help with things such as getting the kids to bed at night. Others could be facing more complex problems and need in-depth help to get them through.

That's why the Triple P – Positive Parenting Program provides a number of different ways for parents to find just the right level of help for their needs.

Triple P is available free or at low cost to North Carolina families in 33 counties.

Each county has selected its own range of Triple P programs. These can include one-time informal presentations for large groups of more than 20 parents to more intensive one-on-one and group courses.

For example, many parents in North Carolina find it convenient to access Level 3 Individual Help Triple P.

This type of Triple P is for parents of children or teens dealing with a particular behavior problem, such as tantrums or disobedience.

Parents attend around four private sessions, of around 15–30 minutes each, with a specially trained and accredited Triple P provider. The provider will discuss with parents the specific problem, including possible causes. Sometimes, a DVD is shown so parents can see how other families have dealt with similar problems. Parents work out what changes they would like to see, and are given suggestions and a tip sheet to take home as a reminder.

Find out more in the "get help" section of www.triplep-parenting.net



Bessie is now getting help around the house



Great-grandma Bessie Hope with Dynasty and Lataja

When Bessie Hope, of Charlotte, found herself caring for her great-grandchildren, one of her biggest problems was the same as that experienced by many parents: getting the kids to do the chores.

Like most other children their age, Dynasty, 10, and Lataja, 11, were more interested in playing outside with their friends than taking out the trash or keeping their room neat and tidy.

For Bessie, however, caring for Lataja and Dynasty was especially challenging, considering she also suffers from health issues.

"They're hard-headed, and I had to tell them three to four times to do something before they'd do it," says Bessie.

Bessie was introduced to Carmen Goodman, the Hopes' Triple P provider.

Carmen helped Bessie see that most of the girls' misbehavior came about because Bessie was asking them to do chores, a request the girls felt free to refuse.

Instead, Carmen had everyone sit down for a team meeting to decide on

a list of chores and who would do them. They then drew up a job roster detailing the information.

When the girls completed the chores, they received rewards which included treats from the ice cream truck or McDonald's, as well as lots of praise.

That simple act has made a huge difference in the Hope house, and in no time at all, the girls were eagerly creating their own weekly job rosters.

Now, Lataja and Dynasty sweep, mop and make their beds without fussing, which takes a considerable amount of stress out of everyone's life.

"It made me so tired to ask them to do those things over and over, and it's better now because of the chore board. They can do these things themselves," Bessie says.

Now Bessie finds she doesn't have to repeat herself as often.

"I would have to tell them over and over to go take a bath, come in from outside, stop watching TV – but they like the praise and the rewards, so they'll do those things now."

Carmen says the family meetings which accompanied divvying up the responsibilities was also a positive thing for the Hopes, since it allowed them to talk and work together.

"It was a great bonding moment," she says.

Bessie says Triple P has been especially helpful for her as felt she was a bit out of practice with the parenting game.

"As a great-grandmother, it's been a long time since I've done this. You forget some over the years. But (Triple P) is a nice program, because it's just good common sense." ■





Jennifer and Drew Costanzo, with their son Blake

Continued from page 1 >



Costanzos get into swing of new routine



Before taking part in the Triple P – Positive Parenting Program, trips to the store for the Costanzo family were often accompanied by meltdowns when two-year-old Blake couldn't get what he wanted, when he wanted it.

Now busy mom Jennifer, of Winterville, says she feels confident she can stop tantrums before they start – most of the time.

Jennifer says the simple things that she learnt from Triple P, such as planning ahead and consistency, have made a big difference to family life.

Now, before she heads off with Blake to run errands, she goes through the strategies which have worked so effectively for her.

One of these includes explaining each step that will happen once they enter the store. Jennifer maps out what will happen, and Blake repeats back to her each step.

'It was very helpful to hear about other parenting issues'

"He knows what to expect, which helps make things run more smoothly," Jennifer says.

Jennifer was offered Triple P as part of an employee program by the Pitt County Health Department where she works.

"I loved the group session because it was very helpful to hear about other parenting issues and listen to the feedback provided by our Triple P instructors on ways to deal with the issues," she says.

Jennifer says it was great to hear the stories of her colleagues, some of whom had already been through the stage she was at with her son.

"Each week we would discuss our 'homework', which could have been trying different positive approaches to current parent or child issues," Jennifer says.

The program has helped Jennifer feel more confident that she can handle problems when they do occur.

On a recent grocery store trip, Blake fell apart before they even headed inside, because he wanted to be carried. Jennifer, who is pregnant, calmly refused, which sent Blake into hysterics.

"I thought, 'There's no way I can go in there now, it will be a nightmare,'" she says.



Two-year-old Blake

But as she talked to him about why she couldn't carry him, and what to expect when they were inside, she watched as Blake composed himself. The shopping trip turned into a surprising success story.

When Blake behaved well in the store, Jennifer piled on the positive praise. "Pulling out the positive, instead of focusing on the negative has worked wonders," she says.

'I'm 100% more confident about welcoming another family member'

Having a consistent, positive approach has also been especially important for the Costanzos because of their schedules. Jennifer's husband Drew, a firefighter, often works 24-hour shifts, with the next 48 hours at home. The couple has found that Triple P helps in keeping things routine and consistent.

As Jennifer and Drew prepare to welcome a new baby, they believe that consistency is now more important than ever.

"I'm 100% more confident about welcoming another family member since we've gone through Triple P," Jennifer says. ■



MoRhonda relates to parents

MoRhonda Foxx of Burlington was looking for some positive strategies to help manage her young son's behavior. She didn't have to look far – as a Triple P provider, she could apply strategies she'd learned.

MoRhonda's son Braylan was two when his daycare teachers told her he was having problems following directions.

Braylan would get stressed switching from one activity to another, which triggered tantrums and meltdowns. It wasn't long before MoRhonda began to witness similar behaviors at home.

"He would be coloring, and I'd tell him it was time to eat or take a bath. He didn't want to, so he'd throw a fit," MoRhonda recalls.

Unfortunately, the behavior followed him through pre-K and kindergarten. MoRhonda asked an Early Childhood Mental Health Specialist and psychologist from her office at Burlington Pediatrics to observe and evaluate Braylan in his daycare and school setting, and concluded that consistency was the key to his success. She found that he needed consistency at home and at school.

"Although I am a Triple P provider, as a mother I needed guidance. Every teacher involved with Braylan, along with myself, was told to be consistent.

MoRhonda began using the Triple P strategies to become a more consistent parent. She says the changes she saw in Braylan's behavior were almost immediate.

Now she feels comfortable relating her story to the parents that she now helps, many of whom are struggling to manage their own children's behavior with any sense of confidence.

"When (parents) come to the doctor's office, they now have a person in the medical field who says, 'I've been through this too.'" ■



MoRhonda Foxx

4 Take care of yourself



PARENTS SAY

On the streets of North Carolina, we asked parents: How do you de-stress?

Kristi James, Asheville
Mother of three - Olivia 5, Eliza 3, Piper 9 months

When I'm stressed, my instinct is to get away from my kids and hide in the kitchen. I've figured out a better plan is actually to move toward them - to sit and read a book or color together. If I stop fighting it and pushing them away, the stress dissolves a little. And when it doesn't? Date night or girls' night is in order!

Heidi Burkett, Wake Forest
Mother of one - Caitlyn, 12

I de-stress by stepping away from the situation that is causing anxiety. If Caitlyn is struggling with homework, we put it aside for an hour and do something calming instead, like bake. I also try to get some "me time" in to recharge my own batteries!

Sharon Lechner, Asheville
Mother of one and a bit - Miriam, age 22 months and baby due soon

For stress relief, exercise and time outside are musts. A good jogging stroller has let me get some sunshine and get a run in without the hassle of going to the gym or being reliant on childcare.

Kristin Larroquette, Tarboro
Mother of two - Evan, 6 and Christopher, 3

People magazine is my go-to stress-reducer! I love reading mindless magazines and getting carried away into a world of celebrity gossip. Throw in a bowl of ice cream and I'm a happy mama!

Rosie Quigley, Asheville
Mother of two - Olivia, 3 yrs, and Allison, 18 months

Other than all the obvious tried and true ways we all universally de-stress, I've found that the biggest stress-buster for me is spending time with encouraging, positive, and wise women - mothers, specifically. Having a few people in my life with whom I can laugh (and sometimes cry) and connect with on a deep level is so nourishing to my soul.



Ten minutes with... Lakisha Harris



Lakisha Harris is a licensed mental health therapist and accredited Triple P provider with Harris Counseling and Coaching in Mecklenburg County. She works with North Carolina families and provides Individual Help Triple P and Group Triple P programs.

What are some of the common issues that cause parents stress?

Some of the common issues I hear are when kids do not "listen," which equates to not following directions. Parents constantly have to repeat themselves in order to get the smallest task completed.

themselves only as a mother or father. They often believe they are being selfish or viewed by others as less-than-good parents if they take time for themselves. I have found that most parents do have the support available, but they don't ask for help or they ask only in a crisis.



Lakisha Harris

What's your advice to parents who are feeling overtired or stressed?

I would suggest that parents take an inventory of their weeks and truly see what is occupying the majority of their time and causing the most strain.

What are the consequences of parents not taking care of themselves?

Parents who don't take care of themselves tend to be overwhelmed, have less patience, pay less attention to their children, and decrease the opportunity to build a healthy, trusting relationship where children feel safe to discuss anything with their parents when problems arise.

What might prevent a parent from looking after themselves?

Parents often feel their primary goal is to take care of their children and those around them, often believing if others are happy, they will be happy. This prevents them from seeing themselves as a priority.

What would you say to someone who thinks they may need some parenting support?

Definitely contact myself or another Triple P provider to get help! Triple P teaches valuable strategies that not only decrease negative child behaviors but also build the confidence needed to manage future parenting challenges. ■

Why do some parents feel guilty if they take time out for themselves?

Parents often lose their identity after becoming a parent, and instead see

Calming the morning rush hour



The morning rush hour can be the most stressful part of a family's day. You're trying to get lunches packed. One child has toothpaste all over his clothes. The other refuses to get dressed at all. Surely there has to be an easier way to get you and your kids out the door on time?

Well, the key is very simple. It is to be organized.

For a start, prepare some things the night before. You'll save a bit of time in the morning. Once you're up, get yourself ready first, before your child.

I also recommend you don't have the television on in the morning. Once the children are completely ready to leave you may want to turn it on. Otherwise it is a distraction.

It also helps to let your child know ahead of time what you expect them to do before you leave.

Teaching children to get dressed by themselves helps them become more independent too. They soon realize how important it is to be organized. And a child who brushes his own teeth, or makes her own bed will make life easier for you.

You may also like to try the "beat the clock" game. The goal is for your child to be ready before the alarm clock sounds off. If your child wins, he earns a small treat or reward - perhaps a favorite snack in his lunch box.

Tell your child exactly what tasks he must do to be ready to leave (and win

the award.) Make sure you set the timer with plenty of time. Try not to repeat instructions all the time or nag your child to hurry up.

Often you'll be able to phase out the rewards and the clock after about two weeks. But of course, remember to always praise your child's achievements as they become better organized.

You should find mornings become a lot calmer.

- Professor Matt Sanders





Getty Images

Parents need time out too!

Balancing work and family

Juggling the competing demands of work and family can be incredibly stressful. Here are a few ideas to help you get the balance right.

- Be organized, especially in the mornings
- Teach children to do things for themselves
- Have a 'leaving home' routine and have some basic ground rules
- Avoid unnecessary conflict before work
- Make sure you and your partner work together as a team
- Make family your priority when you are with them.



How to prevent stress at work affecting home life:

- Make work a priority while you're at work
- Complete difficult tasks early rather than just before leaving for home
- Let your employer know your needs and find out about workplace entitlements and supports
- Use commuting time to unwind
- Avoid being overcommitted
- Make sure you take regular holidays
- Develop a relaxing 'coming home' routine.

— Professor Matt Sanders



There are five basic steps to positive parenting, the Triple P way. One of the key steps is to make sure that you, as a parent, are looking after yourself. You matter too, you know! Here are a few tips to help you start protecting your own wellbeing.

When parents are stressed, anxious, unhappy or tired, it's natural for them to be on edge. And, because a frazzled mother or father will definitely find it more difficult to be patient, calm and consistent with their children, it's really important that you, as a parent, take care of yourself. Because being a good parent doesn't mean you have to be with your child every single minute of the day!

Start by finding time on a regular basis to indulge in something enjoyable – whether that's sharing a coffee with a friend, taking an exercise class or simply spending 30 minutes reading the newspaper. Doing something relaxing or fun can be a great circuit breaker and you'll feel refreshed to face the family fray again!

When you really need support, call on the friends and family you trust. Everyone needs a little help now and then, so there's no reason to feel guilty about asking a close friend to mind your child or provide a shoulder to cry on from time to time.

Take notice if you're feeling upset with your child and avoid blaming the child or yourself for what's happening. It often helps to try changing the way you think about situations. For example, a child

who interrupts while you're on the phone is possibly bored and not deliberately trying to annoy you.

If you work, aim to strike a balance between your home life and your job. If you're doing too many hours at work, you may need to reassess, just as you may need to occasionally curb extra family activities when work demands.

Mornings can be incredibly stressful for families trying to get out of the house. Encourage your children to be self-sufficient in the morning rush hour. If they can calmly get themselves ready for school or kindergarten without you doing everything for them, you'll arrive at work in a much better frame of mind.

And try to work as a team with your partner or with other carers. Share the load, discuss daily events and try to agree on how you'll approach discipline. Of course it's not always easy to work as a team but arguing is only going to make you more stressed.

If you're unhappy with the way your partner has handled a situation, wait until it's over and find a time to calmly discuss what happened. Remember though that talking and sharing your ideas also means listening to your partner's points of view

and acknowledging that you have understood them correctly.

And don't forget to praise your partner when you think they're doing a good job. Everyone will feel good about that! ■

Stress alert

Everyone experiences stress differently but these are some of the common warning signs that it may be affecting your health:

- Tense or stiff muscles
- Headaches
- Irritability or anger
- Disturbed sleep
- Tiredness
- Problems concentrating
- Feeling overwhelmed or unable to keep up with everything
- Stomach upsets or diarrhea
- Skin reactions such as rashes or pimples
- Repeated infections or viruses



6 Healthy kids



Fun snacks can be healthy

Getting kids to eat healthy can be tricky, but these easy snacks make it tasty and fun! Tricia Azra is a LiveWELL Dietitian for Carolinas Healthcare System. She says these tasty snacks require minimum effort but pack maximum nutritional punch. Kids will be gobbling them in no time.

English Muffin Pizzas

- Wholewheat English muffin, split in two
- Marinara sauce
- Shredded mozzarella cheese
- Veggies such as bell peppers, baby carrots and grape tomatoes

The trick to making this healthy option especially appealing? Add the veggies in the form of a face! Toast the English muffin halves, spread with marinara, sprinkle with cheese and then pop under the broiler to melt. Then halve grape tomatoes for eyes, add a baby carrot nose and a bell pepper smile!



Frozen Nutty-Banana Nibblers

- 2 bananas
- Natural peanut butter

Slice bananas, spread natural peanut butter inside two slices, then pop in the freezer for 20 minutes for a delicious, no-hassle treat!

Fruit kabobs

- Wooden skewers
- Bananas
- Strawberries
- Grapes
- Mini marshmallows



Anything on a stick is delicious! Simply alternate these fruits (or others of your child's liking) with an occasional mini-marshmallow and watch them devour! ■



Harvest of Pitt County's Making Pitt Fit Community Garden

Healthy eating, from the ground up

Every parent wants to raise a child who is healthy and happy, but how can you get kids to eat more fruit and vegetables?

In Pitt County, North Carolina, the community is approaching healthy eating from the ground up, helping kids understand that when they plant a garden, they're growing healthy eating habits for life.

Pitt County's Making Pitt Fit Community Garden lets children and adults alike plant and harvest fresh vegetables and fruits such as lettuces, tomatoes, strawberries and radishes.

Research has shown that planting, growing and preparing food increases the consumption of fruits and vegetables among children.

Joni Young-Torres, the Community Garden Technician with Pitt County's Cooperative Extension, knows that getting kids to eat nutritious food is a challenge. But Joni says that when kids taste freshly grown food for the first time, there's no going back.

"They widen their eyes as they realize they have not tasted food like that before, and that is usually followed by a big smile," Joni says.

"Sugar snap peas will make a believer out of most children. They enjoy the sweet crunchy flavor, especially since they have watched it grow from a small plant to a large flowering vine with so many pods on it just begging to be picked.

"They may start out declaring that they don't eat a particular vegetable but after watching it grow for so long, they become curious and are willing to give it at least a try," Joni says.

Jackie Sugg, Health Promotions Dietitian for the Pitt County Health Department, agrees that getting kids curious about food is a great approach to get them to try new things.

Whether you're growing foods in a garden or shopping at the grocery store,

she suggests allowing the kids to select a new fruit or vegetable they want to try.

"You can talk with your child about the color, appearance, smell and ultimately the taste when she has tried it," Jackie says.

"Choosing a fun name like 'tangy tomato' or 'spicy spinach' can make fruits and vegetables into a treat!"

Jackie recommends also allowing choice at the dinner table, such as telling your child that tonight's dinner vegetable options are broccoli or green beans, and letting them choose one.

"You can also ask your child how she would like the item to be prepared – for example, steamed, baked, or raw with dipping sauce," she says.

Oh, and when your kids see you making healthy choices, they're likely to do the same – and develop good eating habits for life. ■

No more mealtime madness

The idea of a family meal is often something parents dread. Kids get fidgety, throw food, fight with their siblings or won't eat what's in front of them.

But some of the best ways parents can help avoid stressful mealtimes start away from the dinner table. Before a meal, try to establish a set time and routine for meals so children know when to stop playing or turn off the TV and get ready.

Don't let your child snack within an hour of a scheduled mealtime and

watch what they drink too. A big glass of milk or juice just before dinner can spoil an appetite.

Of course it's important to have realistic expectations about a family meal too. When little kids first eat at a table you should expect spills and messes.

This isn't misbehavior, just a simple learning curve. Try to stay calm and look for opportunities to praise your child.

But some mealtime problems are directly related to the way a parent and child interact at a dinner table.

Children may refuse to eat because it gets them attention.

This can become a problem if you are always bargaining and negotiating with your child about how much they can eat.

It's better to set appropriate consequences for such behavior, stick to those consequences and praise your child when they eat an acceptable portion of what's on their plate.

– Professor Matt Sanders





Avoid homework horrors



Kathleen Navola, of Davidson, with daughters Elizabeth and Josie

Homework: It's a word that can bring on the cold sweats. And that's just for the parents. But there are ways to make it less stressful.

While arguments rage about whether homework is a critical aspect of a child's education or an unreasonable burden, how can parents cope?

The best thing that parents can do, expert educators say, is to sit down and develop a plan.

Here in North Carolina, the controversial Common Core academic standards for North Carolina public schools are currently being reviewed. However, these standards will remain in place for the 2014-2015 school year.

Kathleen Navola, of Davidson, sometimes has a hard time helping her children, Josie, 11, and Elizabeth, 8.

"I don't mind providing assistance, but don't want to be the one trying to explain everything," Kathleen says.

The Navola girls, like so many other North Carolina kids, are involved with sports and practices nearly every day of the week. It's easy for them to feel overwhelmed.

"It's a Catch-22 – they don't want to do their homework as soon as they come home from school because they're so tired, but then later they need to leave for their activities," Kathleen says.

'Have the kids look at their own schedule to realize time is limited'

Tom Underhill, a fifth grade teacher at Charlotte-Mecklenburg's Davidson Elementary, who has more than 20 years' experience, says there are ways to fit homework in and avoid the meltdowns.

"One of the big things that will help is to have the students bring home their journals or other problems that have worked on in class," he suggests.

"This should give a good example of how to do certain types of problems."

Another way to win the homework game is to plan ahead. Tom suggests making a plan on the weekend about what is going to happen after school for the rest of the week.

"Have the kids look at their own schedule to realize that time is limited and they need to budget wisely," Tom says.

"When your child realizes she has a dance class on Wednesday night, and that she'll have limited time for homework, she can make the decision to study an extra 20 minutes on Tuesday, when her afternoon is free.

"If they can learn to do this now it will help when they get to middle and high school."

Tom also suggests using time other than weekday afternoons as a way to finish homework.

"Being a late start school (Davidson Elementary starts at 8:45am), I think our students have the option of doing some of the homework or reading in the morning before school," he says.

Another option is to use weekends or transit time as a quick way to quiz kids on spelling words or multiplication facts.

Most parents and teachers do agree that homework is necessary in order to help kids remember what they have learnt at school as well as give parents an idea of what is going on in the classroom.

"I want to be involved enough that I know what they're doing, so I'm aware if they're struggling," Kathleen says.

Even with a solid plan in place, there may be occasional grumbles from kids about homework, so for some more helpful tips, check out the story below. ■

Setting up a homework routine

Poor planning is often at the core of homework problems, and while some children do make it hard for themselves, you'll all enjoy more success if your child is set up to succeed.

The best place to start is by setting up a good study routine in which homework is a priority. Begin by choosing a regular time that fits within your family schedule, and remember to take into account your work commitments, and those of your children including sport, clubs and music.

It's also important to choose a time that gives the children a chance to

relax when they get home from school, but before they are allowed to play or watch television. Talk to your child about these ground rules and check that they understand them. And don't worry if you have to remind them sometimes.

When you've found a time that works for everyone, the next step is to choose a good study space. If your child wants to be in the main living area with the rest of the family, this is fine, but they will need a well lit, clear space at a table or desk, and limited distractions, although absolute quiet is not necessary.

Be prepared to sit with your child to get them started on their first task. Praise them as they persist and always

give them a chance to do the work on their own before helping. Prompt them to solve problems themselves, and offer only guidance about how to find the right answer, rather than just giving it to them.

Always show an interest in your child's work and encourage desirable behavior by praising and rewarding their efforts when the homework is finished by giving them a treat such as watching television or playing a special game.

— Professor Matt Sanders





Parenting help comes with practice

Going to the doctor in Alamance can be a great way to find out how a little bit of parenting support can make life so much easier.

One of the many ways that North Carolina families are finding out about the Triple P – Positive Parenting Program is through their local pediatric practice.

Triple P, one of the most extensively researched and respected parenting programs in the world, is available free or at low cost in 33 North Carolina counties for families with children aged from birth to 16.

At medical homes such as Burlington Pediatrics or Kernodle Clinic in Alamance, parents often see posters or brochures about Triple P in the waiting room or the doctor's office.

At both practices, large numbers of staff are trained and accredited in providing Triple P, including doctors and nurses.

Burlington Pediatric's Dr Hillary Carroll says incorporating Triple P into the office's day-to-day operations means the medical staff can help parents manage problems before they get out of hand.

"I really like the preventative piece of Triple P and getting parents in early to solve small problems before they become big problems," Dr Carroll says.

He adds that Triple P gives parents more confidence in their ability to handle different parenting situations: "They can take what they've learned with one issue and apply those same principles to other issues that they have."

As well as organizing Triple P Seminars through a local Sunday school, Burlington Pediatrics provides support for families through Individual Help Triple P sessions with a doctor or nurse, or the more involved Group Triple P programs which take parents through the full range of Triple P strategies.

At Kernodle Clinic, Breastfeeding Peer Counselor and Family Center Health Navigator, Ashley Motley, is one of the trained Triple P providers. She talks to parents about Triple P strategies as early as their two-day visit following the birth of their child.

"I immediately begin to discuss safe sleep habits, feeding and crying," Ashley says. "As the babies develop, we then go onto eating and, as they age into toddlers, how to use things like praise."

Ashley is trained in Level 3 Individual Help Triple P, giving support in short,

one-on-one sessions with parents.

"For our families who do have current behavior concerns, there'll be sometimes one or four sessions. Sometimes I do more than four if the family needs to move at a slower pace," Ashley says.

If families need more help, other staff, such as Dina Gerber, an Early Childhood Mental Health Specialist, are also trained in Level 4 Group Triple P.

In fact, most families who visit the clinic will receive some information about Triple P because most of the staff, including doctors and nurses, are trained and accredited Triple P providers.

Kernodle Clinic's Dr Suzanne Dvergsten says a common sign that Triple P can help her patients is when they say they're frustrated.

"For some parents it's just a matter of using the tip sheets. Other times, they want to go further," Dr Dvergsten says.

Burlington Pediatrics registered nurse Sarah Purdy says using Triple P has been invaluable not just for parents, but for practitioners at the clinic in everyday practice. ■



The Tippaper team

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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.

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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 website at www.triplep-parenting.net.

You'll be able to search for an individual provider in your town or county, plus there's a calendar that lists some of the coming groups, seminars and discussion groups around the state.

Under the Get Help section of the website, you'll find descriptions of the Triple P programs that are delivered to groups of parents and programs that are delivered one-on-one. There'll be programs for parents of young children and parents of teenagers. Some programs will be one-off sessions and others are ongoing courses.

Once you have an idea of the type of program you might prefer, you can use the website calendar and sign up for group sessions and courses that suit you. Or you can use the Google map facility on the website to find a local provider and contact them directly.

New providers are training all the time throughout North Carolina so the maps and calendar are updated regularly.

Of course, if you want to talk about your situation with a Triple P provider, you can contact a provider directly.

And, if you can't find a provider close enough, contact your County coordinator.

At right: Find a coordinator in the 33 Counties where Triple P is available:



Alamance

Martha Kaufman
 Alamance County Health Department
 Ph: 336-263 4922
 Martha.Kaufman@alamance-nc.com

Appalachian District (Ashe, Alleghany and Watauga counties)

Rachel Miller
 Appalachian District Health Department
 Phone: 828-264-4995
 rachel.miller@apphealth.com

Beaufort and Hyde

Anna Andersen
 Hyde Health
 Ph: 252-926-5289
 aandersen@hydehealth.com

Buncombe

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 Deanna.LaMotte@buncombecounty.org

Cabarrus

Amy Bartlett
Megan Shuping
 Cabarrus Health Alliance
 Ph: 704-920-1281
 AMBartlett@CabarrusHealth.org



Camden, Chowan, Bertie,

Gates, Pasquotank, Perquimans, Currituck
Trey Wright, MA, MPH
 Albemarle Regional Health Services
 Ph: 252-794 6224
 trey.wright@arhs-nc.org

Durham

Christian Barfield, BSW, MSW
 Durham County Department of Public Health
 Ph: 919-560-7753
 cbarfield@dconcc.gov

Edgecombe and Nash

Sharnell Wiggins
 Nash County Health Dept
 Ph: 252-459-1377
 Sharnell.Wiggins@nashcountync.gov

Halifax, Hertford and Northampton

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 Ph: 252-583-5021 Ext 277
 faulconc@halifaxnc.com

Lenoir, Greene and Jones

Steve Roman
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 Ph: 252-521-5538
 steve_roman@ncsu.edu

Madison

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 Madison County Health Department
 Ph: 828-649 9975
 gwebb@madisoncountync.gov

Martin, Tyrrell and Washington

Sandra Taylor
 Ph: 252-793-5437
 mtwttriplep@embarqmail.com

Mecklenberg

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 Mecklenburg County Health Department
 Ph: 980-3149128
 cathy.henderson@mecklenburgcountync.gov

Pitt

Lynne Carter
 Pitt County Health Department
 Ph: 252-902-2353
 lynne.carter@pittcountync.gov

Vance and Warren

Bailey Goldman
 Granville-Vance District Health Department
 Ph: 919-448 8933
 bgoldman@gvhdh.org

Wake

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 Project Enlightenment, Office of Early Learning, Wake County
 Ph: (919) 856 7800
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