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# Tippaper

Parenting tips and information for every parent

# No.1

> Triple P, Positive Parenting, Summer 2014

[www.triplep-parenting.net](http://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.

## Help that works

Raising kids can be fun, infuriating, frightening, wonderful, stressful, exhausting and sometimes, all those things in one day! But 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 more than 30 years' ongoing research with families around the world, you can be confident it can help you too.

## Busy mom stays positive



The Ward household in Asheville wasn't always a great place to be if you were a cat. Almost every time Malaika Ward's five-year-old daughter Lila would walk past the family pet, the cat would get it.

For a mom with her hands full managing four kids under 10, including two under two, Lila's increasing disobedience was starting to become difficult.

Not only was Malaika getting frustrated, she was also worried how Lila's behavior might affect her other children, aged nine, 18 months and seven months.

"I was starting to worry that there was a serious behavioral issue here," Malaika says.

But then Malaika found Heidi Hill, a trained provider in the Triple P – Positive Parenting Program, and life has turned around.

"Things are just much easier now," Malaika says. "I used to be so hard on myself and felt badly about myself as a parent.

"But Triple P has given me a way to deal with Lila that works, and we're just a lot more happy now."

The Triple P – Positive Parenting Program is one of the world's most effective parenting programs and has been brought to parents by North Carolina's Triple P State Learning Collaborative.

The program gives parents simple tips to help manage family life and is available free or at low cost for families of kids aged from birth to 16.

These tips and strategies help parents tackle a wide range of family problems, from everyday issues such as tantrums and disobedience to more serious concerns such as fighting and aggression.

Triple P also offers parents a variety of ways to access the help they need, with

choices including seminars, group courses and personal consultations.

Malaika's Triple P provider Heidi Hill took Malaika through a series of one-on-one consultations called Individual Help Triple P.

Malaika says that for her, some of the strategies worked better than others. For Malaika, these were strategies that seemed the most simple and easy to use.

Now, not only is Lila much more well behaved, these days the cat gets to enjoy some alone time – along with more gentle cuddles from Lila. ■

Find out how Malaika was able to turn life around, Page 3



## Contact?

Check our website  
[triplep-parenting.net](http://triplep-parenting.net)

## 2 About Triple P

1 in 10

The ratio of families who never have a family meal together during the week

Source: foodnetwork.com

90%

Proportion of children who prefer playing with their friends to watching TV

Source: Ikea PlayReport



236

Number of words in Dr Seuss's children's book, "The Cat in the Hat"

Source: Wikipedia



### Help for every parent

The Triple P – Positive Parenting Program is available free or at low cost to North Carolina families in 33 counties. Whatever your needs, there will be a Triple P program to suit you. Here are some of them:

#### Triple P Seminars

Triple P Seminars are informal presentations for large groups of parents – possibly 20 or more. You can do one, two or all three of these 90-minute seminars: The Power of Positive Parenting; Raising Confident, Competent Children; and Raising Resilient Children.

#### Level 3 Individual Help Triple P

This level of Triple P is for families experiencing a particular behavior problem. Usually involving up to four private sessions, each meeting will take about 15 minutes to half an hour. Your Triple P provider will offer suggestions about how to deal with the problem and give you a tip sheet to take home to remind you of the things you have discussed.

#### Level 4 Group Triple P

Group Triple P is for parents who want more support to manage their child's or teenager's behavior or for parents who just want to create the happiest home they can. With about 12 parents in a group session, it's also a great way to meet other parents who are in the same boat as you. There are five group sessions of up to two hours to attend and three weeks of phone support where your provider checks in to see how you're doing and offer advice if you need it.

#### Level 4 Individual Triple P

This Level of Triple P is a private and thorough way to find out about the Triple P way of parenting and involves 10 individual sessions with a Triple P provider.

Find out more in the "get help" section of [www.triplep-parenting.net](http://www.triplep-parenting.net)



Dr. Jasna Nogo with Penny Endicott and Landon



## Triple P just what the doctor ordered



For Penny Endicott, of Graham, life with four-year-old son Landon was stressful. His temper tantrums were ruling the house. But life changed when Landon had a meltdown during a visit to the doctor.

"I was about to pull my hair out," says Penny, who struggled with problems such as Landon not listening, yelling, and throwing toys.

That day at the pediatrician's office, Landon's doctor noticed how distressed Penny was about her son's behavior and suggested she check out the Triple P – Positive Parenting Program.

Penny says she was sold the first time she and Landon met with her Triple P provider, Dina Gerber.

As Penny and Dina were talking, Landon tried to interrupt their conversation several times. Dina quickly showed Penny how to help Landon communicate better.

"Dina told him to use the words 'excuse me' when he wanted something, instead of interrupting. He picked right up on it!" says Penny.

The simple strategy was so effective, Landon remembered it and used it politely the next time he saw his preschool teachers. The other students noticed his example, and wound up following suit.

"Now all the kids in his class do it!" says Penny.

Dina, who delivers the one-on-one Level 4 Individual Triple P, also helped Penny see how planning ahead can help discourage misbehavior.

"I've realized how important it is to set expectations beforehand, and to make sure Landon understands them," Penny says.

One place Landon had always misbehaved was at the grocery store, because he didn't like the confines of the cart.

"So, I'd say, 'we're going into the grocery store. I expect you to sit in the cart, behave, and keep your hands to yourself.' And it's amazing, because if I say it beforehand, he will!"

When her son follows directions like this, Penny follows up with another favorite strategy – giving positive praise. This includes describing clearly what he has done to earn the praise.

"When I realized how easy it was to give positive praise, and how well he responded, I started doing it in other situations.

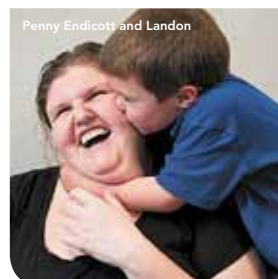
For example, Landon used to get in the car and jump around, not wanting to put

his seatbelt on, Penny says. After praising him a few times when he got in the car and buckled up right away, Penny noticed he no longer dawdled.

Penny is now a staunch advocate of positive parenting.

"I was frustrated. I didn't know how to deal with the situations, and when you don't know how to handle them, it just gets worse," Penny says.

"But these strategies have done wonders for my stress level, and now I'm excited to see where we can go with them." ■



Penny Endicott and Landon

# Mom's plan is cat's meow



**Asheville mom of four Malaika Ward has had several light bulb moments along the path to becoming a much more confident parent. One of these was when Malaika's five-year-old daughter Lila stopped harassing the family cat.**

"One time, when she walked by the cat and left him alone, I praised her and told her that that was what he liked," Malaika says.

"After that, she wound up leaving the cat alone, or petting him instead of bothering him, and I knew that strategy had worked."

It's strategies such as these from the Triple P – Positive Parenting Program that Malaika says helped bring a lot of positive changes to family life at the Wards.

Malaika was struggling with five-year-old daughter Lila's disobedience when she first started meeting with trained Triple P provider Heidi Hill for weekly one-on-one sessions.

## 'I found these were simple, common-sense strategies'

Heidi and Malaika began the first week by identifying three issues that Lila struggled with and choosing strategies Malaika could use to deal with them. Malaika also agreed to note each time Lila had a tantrum.

In the second week, Malaika had a better idea of which strategies were working for her and adjusted them accordingly.

"I found that most of the things I tried worked, but some worked better than others," she says. "And these

were simple, common-sense strategies. For example, I would touch Lila by putting my hand on her shoulder. Then I would make eye contact."

Malaika saw how this would help diffuse Lila's tantrum. She also noted that over the weeks, the number of tantrums she recorded went down.

Malaika says she found herself needing some daily, visual reminders, so she wrote the strategies on sheets of paper and hung them in various spots around the house. Every time she glanced at them, she remembered her end goal – a more peaceful family existence.

The entire process has made Malaika more aware that Lila sometimes simply needs some more attention from her.

"With four kids, I'm spread thin," she says. "But now I realize they all need some of my time."

Malaika credits provider Heidi and the one-on-one setup with helping bring about those positive changes.

"Heidi was supportive, and I felt like she always had our backs," said Malaika. "She knew us really well, and I just looked forward to going in to see her and just talking."

Malaika says she now feels like she has a lot more control and is a lot less stressed.

"My relationship with the kids is better," she says. "Because these strategies are realistic, they're achievable. Triple P just helps navigate these difficult situations." ■



Malaika Ward and Lila

Continued from page 1 >



## Marleni finds power in the positive at home



Marleni Vilca-Paul

**When family therapist Marleni Vilca-Paul started encouraging Greenville parents to use Triple P's positive parenting strategies, she quickly realized she had to start practicing what she preached. And she's glad she did.**

"Triple P has made my life so much easier as a mom," the Greenville family therapist says. "I wasn't aware of the power of the positive – how empowering these simple strategies can be. I even had my husband get trained!"

Marleni is a bilingual Triple P provider and marriage and family therapist with Carolina Support Services and works mainly with Greenville's Latino population.

Trained to deliver three different levels of Triple P, she helps families experiencing a wide range of problems, from those

who might have minor issues such as managing their kids in the supermarket, to families who are finding life a struggle at home and need more intensive help.

All the sessions Marleni provides are group based, usually involving around eight parents.

### 'Too many people are afraid to ask for help'

Regardless of the level of support they need, Marleni says most parents begin the program feeling like they have run out of ideas about how to handle their children.

But after learning a few simple strategies, such as using praise and "Ask, Say, Do," a routine which helps kids learn new skills, parents start to feel they have more control in their lives.

"One woman said, 'When I came to you, I didn't know what to do. But the program offers so many unique strategies, it made

things much easier. I didn't realize my kids would listen to me, and now I'm amazed how they do!'" Marleni says.

Marleni also likes the fact that Triple P gives parents strategies that remove the need to yell at their kids.

"Up until this point, many of these mothers felt that was their only option. Now they understand there are others," she says.

Marleni now wants to make sure as many families as possible find out about this free service in North Carolina.

"We, as providers, need to raise awareness, because too many people are afraid to ask for help," she says. "But when we come together like this, we have so many smiles and happy moments. We're empowered, and that makes us greater."

**For more information about where to get help with Triple P, go to [www.triplep-parenting.net](http://www.triplep-parenting.net)**



## 4 Staying positive



### PARENTS SAY

On the streets of Buncombe County, we asked parents: What are some of the best things about being a parent?

**Kim Armbrust**  
Mother of 1 – Jack, age 1

"I would say seeing him learning things we teach him. For instance, he now goes "mmm mmm mmm" and dances when he eats something he likes. Or he will sign (please, more, eat) when he wants something. Seeing him grow into a person who is thinking and doing and has opinions is really awesome. It feels like a privilege that we get to be the people that help shape the person he is becoming."

**Melinda Hopkins**  
Mother of 2 – Halsey age 3, Carrick age 1

"Kids are complete clowns. Being a parent is like having your own personal circus follow you around 24/7. Total chaos from life without kids. But it's adorable. And you wake up wondering what antics they'll get up to next!"

**Jen Whipple**  
Mother of 4 – Mercy, 11, Micah, 9, Luke and Sophia, 7

"I love being the cheerleader, the coach, and the counselor for my kids' hearts. I feed them but that's not what will be my legacy. My love is for their souls... I get to be the one that says, "You are loved!"

**Kaitlynn Crowder**  
Mother of 1 – Bryce, age 1

"The best parts to me are being able to watch my son grow and learn to do new things each day. I get to teach him about life and the world around us. The hugs, kisses, and snuggles are just a huge bonus of the job!"

**Joi Kelley**  
Mother of 3 – Logan (stepson), age 23, Kaitly, age 18, Erin, age 14

"My favorite thing about parenting is being with my kids. That is a big part of why I chose to homeschool. I love having my kids around me and just being with them. Taking control of their education helped me be able to do that. I don't like it when my kids aren't around. I truly miss them. And it is not because I am overprotective. I honestly enjoy my kids and want to be with them."

**Casey Kersten**  
Mother of 1 – Bennett, 10 months

"The way my son's face lights up when I walk in the room, even if I only stepped out for a second. To me, he is all the good things of the universe wrapped up in a tiny little package."

## Ten minutes with... Chanell Ketchmore



Chanell Ketchmore is a Triple P and Teen Triple P provider with Cabarrus County Human Services. Triple P is available to North Carolina families experiencing all kinds of problems, from simple issues to more complex concerns. Chanell sees parents one-on-one and spoke to us about the challenges that many families face.

### What are the most common problems parents talk to you about?

I would say parents have issues with their children following directions, and they constantly have to ask them to do certain things. They get frustrated when the kids don't follow through.

### What do you like most about the Triple P program?

I like the "aha" moment parents have. When parents get the outcome they want, that empowers them and lets them know they can do this. When we first start working with families, they're frustrated.

But there are a wide range of strategies for parents to choose from, and these allow them to also focus on their own behavior, and how it affects their child. They see how they can approach things in a different manner and get a different result.

### How do parents react when they realize that Triple P is working for them?

They have been very grateful. Grateful in the fact that that they have new or additional skills to work with to help their family. I've had many parents tell me this.

### What would you say to someone who thinks they may need some parenting support but is reluctant to go to a program such as Triple P?

I would remind them that they are the parents, so they are the ones who know their child the best. No parent is perfect, and there is no one right or wrong way to approach things, but everyone can benefit from this program.

### Are parents happy to ask for parenting help – or do they worry what others will think of them?

We don't have parents coming to us, our agency has already identified families who need some help. Once they get going with the program, they see the benefits of the program and tell us how the strategies make sense. ■



Chanell Ketchmore

## Stay in touch with parenting online

Are you falling into one of the five common parenting traps? Do you want to know why setting rules is so important? Maybe you would like to find out where the nearest Triple P Seminar is, or sign up to join other parents in Group Triple P sessions?

The Triple P "Stay Positive" website is the place for all this and more. Go to [www.triplep-parenting.net](http://www.triplep-parenting.net) and you'll

land on a site dedicated to helping parents in North Carolina.

You'll find plenty of ideas to help you understand the kinds of behaviors you are experiencing at home and why.

The Stay Positive website also has a wealth of information about how and why Triple P's positive parenting works so well for families around the world.

You can read other parents' success stories or click on videos of parents sharing their experiences.

Because Triple P isn't a one-size-fits-all program, it's a good idea to start with the Get Help section of the website to

understand how to access the program and find out about the different types of Triple P that are on offer.

You can work out which type of Triple P will best suit your particular needs. You can search for a provider in your area or find your nearest Triple P session.

And, if your friends haven't got their hands on a copy of the Triple P Tippiaper yet, you can tell them to go and check it out online.

Find us on [www.triplep-parenting.net](http://www.triplep-parenting.net)





Getty Images

## TRIPLE P TIP

### In praise of praise

Children who are constantly told “don’t” or “no” soon learn this behavior gets them the most attention. Instead, if you catch your child doing positive things, give them praise that is clear, specific and enthusiastic.

This tells them that what they’ve accomplished is positive and appreciated. It’s praise a child can understand and enjoy – and they’re more likely to repeat the behavior in the future.

There is such a thing as too much praise though. You wouldn’t continue to praise your child every time he packs up his toys. Because as a child becomes more skilled at the task you’re trying to encourage, you need to phase out the praise. You make it less predictable as the child becomes more accomplished and the behavior more routine.

And if you do have to say “no” or “don’t” to problematic behavior, remember to follow up with a positive instruction. For example, “No, stop grabbing the cat’s tail” would be followed by, “Pat the cat like this”.

A good rule of thumb is to try to deliver four positive comments to every negative comment such as “don’t”, “stop” or “no”. ■

– Dr Matt Sanders

# Five simple steps to success



Most parents agree the benefits of positive parenting sound very, very appealing. After all, who wouldn’t want their child to calmly follow instructions, do well at school, make friends easily and feel good about themselves? Or one who’s less likely to develop behavioral or emotional problems when they get older?

Then, there are the advantages for the parents themselves. Parents who use positive parenting say they feel more confident, less stressed and have less conflict with their partner over parenting issues.

Triple P’s approach to positive parenting is based on some very simple ideas that have been shown to help make raising children easier. These are Triple P’s five key steps to positive parenting:

### 1. Create a safe, interesting environment

Children need to play, explore and investigate their world to develop essential skills so it’s important to create a home environment that is safe. With knives out of reach, chemicals and medicine locked away and helmets around for bike or skateboard riding, parents won’t be constantly on red alert.

Also, make sure there are lots of interesting things for a child to do. It needn’t be expensive toys. Colored pencils, marbles and homemade play dough are great for keeping little ones occupied, while old boxes, newspaper and twine can be used to create cities, costumes and forts.

And of course there’s an added bonus to all of this. Kids who are happily entertaining themselves are less likely to become bored and misbehave!



### 2. Encourage positive learning

When your child comes to you for help, care or a chat, they’re ready to learn. Give them positive attention, even if only for a minute or so.

It also helps to be positive about things your child is doing. When you see them doing something you like, pay attention. Giving them a little praise or showing them you like what they’re doing increases the chance they’ll do it again!



### 3. There is such a thing as “good discipline”

Children do best in a predictable, stable environment, so set clear rules and boundaries and follow through with appropriate consequences. If rules are broken, stay calm and follow up with fair, age appropriate consequences, such as taking away a toy for a few minutes.

But you don’t have to jump on every minor indiscretion. Ignore misbehavior you think is merely an attempt to get attention. Don’t make a fuss and it may go away.

And remember to praise behavior you like. Try to catch your child following rules and congratulate them for it – especially when they’re learning something new. Praise them and they’re more likely to do it again.

### 4. Be realistic

Nobody’s perfect – kids or adults – so don’t expect your child to do more (or less) than he’s capable of. If you expect your child will always be polite, tidy up, or always be happy and cooperative, you’re setting yourself up for disappointment and for conflict with your child.

And don’t forget to go easy on yourself, too. You are human. You will make mistakes so don’t get too frustrated or upset. Everyone learns through experience.

### 5. Take care of yourself as a parent

Naturally, raising children is a time-consuming job that can sometimes seem to take over your whole life. But you’ve got to look after your own needs too – making sure you’re getting some support, companionship, recreation and even a little time alone!

If you can find ways to balance work and family, call on assistance from friends and relatives and work as a team with your partner, you’ll feel much better about being a parent. You won’t get as stressed and it will make it much easier to be patient and calm when your child needs you. ■

To read more about Triple P’s five key steps to positive parenting go to [www.triplep-parenting.net](http://www.triplep-parenting.net)

## Contact?

Check our website [triplep-parenting.net](http://triplep-parenting.net)





# Fetch a great book this summer

Many educational experts agree that helping kids develop a love of reading from an early age has a big impact on their future learning success.

But getting kids to read over a long, hot summer when there are so many other fun things to do can be a daunting task for some parents.

Library branches around North Carolina are answering the challenge by offering parents help with some really innovative ways to get the kids excited about reading.

At the Harrisburg branch of the Cabarrus County Library on Monday afternoons, Wynn, a registered English Spaniel and licensed therapy dog, spends his time listening to young children who are learning how to read.

The program, Paws 4 Reading, may sound offbeat, but there are many studies that support the theory that young readers who read aloud to animals such as dogs become better, more confident readers.

The theory behind Paws 4 Reading is that children who are learning to read should read often, in settings where they feel comfortable and secure.

A patient, trained canine becomes the perfect audience, because he doesn't correct children if they make a mistake.

The dog doesn't mind if the child stumbles over words or has difficulty with pronunciations. He is simply a quiet, yet captive, listener.

"I think the Paws 4 Reading program is fabulous, especially if a child is shy or hesitant, because they often don't want to read to adults," says Lydia Carruth, the children's librarian at the Harrisburg branch.

"The dog just listens, and the child can simply be himself. It makes the reading more fun, they're excited, and the repeated reading really helps kids with their fluency."

Paws 4 Reading is offered at many libraries throughout the state, and



Olivia Griffin, Wynn, Riis Griffin, Seth Griffin, Jr.

is always free. It is just one of many programs available at your local public library that can help children develop good early reading habits that will last a lifetime.

In addition to Paws 4 Reading, the State Library of North Carolina is also offering its summer reading incentive program for kids.

This year's theme, "Fizz, Boom, Read," is science-centered, so programs will include everything from experiments to robot building. Librarians will be on

hand to recommend several different science-related titles that appeal to kids of different ages.

Programs such as these are designed to encourage children from preschool through grade 5 to get excited about the joys and benefits of reading.

Participation in a summer reading program is a great way to help ensure your kids get off to the best possible start at school once the summer break ends.

Retaining information over these hot months is difficult, and when kids return

to school in August, many have forgotten some of the basic reading skills they learned the year before.

A 2010 study from Dominican University showed that students who participate in public summer reading programs scored higher on reading achievement tests at the beginning of the next school year than those students who did not.

With libraries providing so many wonderful programs free of charge, they're definitely worth checking out this summer! ■

## Reading tips from the library



Lydia Carruth

Want to know what the kids might enjoy reading? Try these great suggestions from Lydia Carruth, children's librarian at Harrisburg Library.

### Easy books

"Goodnight Moon" by Margaret Wise Brown  
 "The Duckling Gets a Cookie?" by Mo Willems  
 "Love You Forever" by Robert Munsch  
 "The Giving Tree" by Shel Silverstein  
 "Tap the Magic Tree" by Christine Matheson  
 "City Dog, Country Frog" by Mo Willems  
 "Draw Me a Star" by Eric Carle

### Juvenile books

"Good Morning, Gorillas" by Mary Pope Osborne  
 "Inside Out and Back Again" by Thanhha Lai  
 "A Long Walk to Water" by Linda Sue Park  
 "Diary of a Wimpy Kid: Hard Luck" by Jeff Kinney  
 "Dork Diaries" by Rachel Renee Russell



Seth Griffin, Jr. and Wynn



## Let's settle those first day fears

Little ones can become worried and anxious as their first day of school nears but the good news is there are a number of ways that parents can help children prepare for this exciting new chapter in their lives.

Start by talking about school but don't overload them with too much information all at once. A local bookstore or library might have children's books on starting school. Try reading these to your child – the more often the better.

Tell your child which day school will start and plan a trip to the school so they can become familiar with their new surroundings. Show them where the

toilets are, where they will have lunch and where they can play.

It's a good idea to involve your child in buying things for school such as stationery, schoolbags, lunch box or clothes.

Children who have had separating problems at preschool might experience similar problems now. If your child usually gets upset when you leave but settles

quickly when you're gone, be prepared to explain you are going, say goodbye, and leave.

It might take a few days for your child to get used to being in this new situation. But happily, most kids adapt quickly to the excitement and challenge of starting a new school. ■

– Dr Matt Sanders



## The first lessons start at home



If the thought of freshly sharpened pencils and brand-new lunchboxes makes you break into a cold sweat, don't worry, you're not alone. Especially if you're the parent of a child about to start kindergarten.

For parents of kindergarteners, your feelings can fluctuate from sheer joy about this new chapter in your child's life to concern that your child will feel anxious and overwhelmed.

So how can you help your child make the transition to kindergarten as smoothly as possible?

Elizabeth Albright, an educational expert with the Cabarrus Partnership for Children, says there are a number of ways to make the experience a lot less overwhelming for little ones.

She says the most important thing to remember is that the more your child hears about their new school, the more comfortable he or she will feel.

"Talk to her about procedures and what her teacher might be like, so she has a better idea of what to expect," Elizabeth says. "Practice routines such as packing lunches and laying out clothes the night before. And don't forget to read to them."

When Shawn and Amy Powell of Concord sent their daughter Ella off to kindergarten last fall, they already had a bit of experience – her brother Gavin had gone two years before.

"When Gavin started school, his biggest fear was that the bus would drop him off at the wrong home. So, I just told him that if that happened, I'd stand in the front yard and wave it down!" says mom Amy with a laugh.

Amy and Shawn quickly realized that Ella was a lot more comfortable heading to school for the first time, because she had seen Gavin go through the process already.



Ella Powell of Concord is excited to be heading off to school

She also knew Gavin would be there and it gave her a feeling of comfort. Still, she was timid on the first day, walking into such a big place, but because the Powells had discussed with her at length how her day would go, the butterflies quickly faded.

The next day, Ella had no problem walking into school by herself.

"I think you do this a couple times and realize that the kids aren't as nervous or scared as you think they are," says Amy. ■

## Friends are important

For many children, starting school is an exciting time – new classes, new faces and hopefully, new friends to be made.

Having good friends is important to a child's self-esteem but, unfortunately, children do not always know how to look after friends. You can lend a hand by helping your child develop good social skills. Talk to your child about being a good friend and encourage your child to practice skills such as:

- Looking at and listening when someone is speaking to them, such as a friend telling them a story
- Taking turns in games and activities
- Asking what others might like to do rather than assuming that other children will always want to follow
- Thinking about others people's feelings. "I wonder how Tom is feeling now. How do you think you would feel if that happened to you?"
- Helping others
- Being friendly and welcoming to a new child in class.

To help your child make friends, and so your child can practice being a good "host", you may like to invite another child to your home to play. Be prepared to contact the parents to organize this if your child is too shy to ask.

– Dr Matt Sanders



## Positive stories a great reward

More than 160,000 families across North Carolina are eligible for support from one of the world's most trusted parenting programs.

The Triple P – Positive Parenting Program has been brought to North Carolina by the North Carolina Triple P State Learning Collaborative.

An estimated 1000 providers throughout 33 counties will be offering Triple P at no cost or low cost to eligible parents of children up to 12 years, or parents of teens up to 16 years, depending on the county.

Cabarrus County Triple P coordinator Megan Shuping said Triple P providers in the first six counties involved in the program's rollout had been rewarded with great feedback from the families.

"We get so excited by the anecdotal evidence we hear," Megan said. "A mom who says, 'oh, I get it, I just need to spend a little bit more time with the kids,' or a dad who says 'I just had to plan to take that shopping trip and now it's not so hard anymore.'"

Triple P is not a one-size-fits-all program. It's actually a range of programs offering anything from a brief consultation with a Triple P provider, to seminars, workshops and more intensive programs for families who want to know all they can to improve

the lives of their children or for families who feel they need more support.

"Each of the counties has chosen their own selection of Triple P programs, based on the needs of the parents in their communities," Megan said.

In a Triple P program, parents are introduced to a range of strategies and can choose the one that will work for their particular situation. Issues can range from problems settling a toddler down to sleep to more serious behavior concerns.

"The strategies focus on things like: how do you build a warm and positive relationship with your child, how do you help teach new skills, how do you plan to prevent behavior problems, and then how do you manage misbehavior," Megan said.

The Triple P program was first developed by Dr Matt Sanders, of the University of Queensland, in Australia, more than 30 years ago.

Now available in 25 counties, the program is regarded as one of the most extensively researched parenting programs in the world.

In a recent visit to North Carolina, Dr Sanders said it was rewarding to see providers and parents responding so well to the program.

"Families want to be assured they are providing the kind of environment that will help their children grow up to become happy and successful adults," Dr Sanders said.

"Children who grow up with positive parenting are more likely to develop the skills they need to do well at school work, build friendships and feel good about themselves. "They are also much less likely to develop behavioral or emotional problems when they get older.

"Similarly, parents who use positive parenting skills feel more confident about managing day-to-day family life. They're also less stressed, less depressed and have less conflict with their partners over parenting issues."



### The Tippier 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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Find out more at the North Carolina Triple P website. [www.triplep-parenting.net](http://www.triplep-parenting.net)

## 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](http://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.

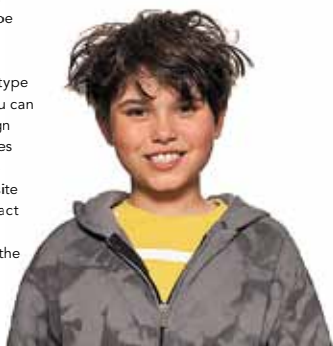
Once you have an idea of the type of program you might prefer, you can use the website calendar and sign up for group sessions and courses that suit you. Or you can use the Google map facility on the website to find a local provider and contact them directly.

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

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#### Appalachian District (Ashe, Alleghany and Watauga counties)

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#### Vance and Warren

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