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**Gently does it**  
Hitting problem?  
Fixed!



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**Kids need rules**  
Tips for success  
...and a happier family



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**Summer fundays!**  
Beaches, mountains  
and other outdoors-y ideas



# **Tippaper**

Parenting tips and information for every parent



> Triple P – Positive Parenting | About Discipline | Summer 2016 | North Carolina | No. 5

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



## Free support for North Carolina families

Raising kids can be a lot of fun, but common problems like aggressive behavior, anxiety, tantrums or breaking the rules can leave parents feeling frustrated. The good news is, family life doesn't have to be so hard. The Triple P – Positive Parenting Program is now available, free or at low cost, to eligible parents of children under 12 (or under 16 in some areas). It's all thanks to the North Carolina Triple P State Learning Collaborative, a partnership of 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.

Parents and caregivers can choose what's best for their family, from seminars and small groups through to one-on-one consultations. Or they can do Triple P Online, available throughout North Carolina.

## Tried and tested

A parenting program should offer much more than just homespun advice handed down from someone's friend's aunt or somebody's website. The Triple P – Positive Parenting Program is reliable because it's the most rigorously-researched parenting program in the world. In fact, it's been shown to work, time and time again, and has now helped millions of families in 25 different countries.



# Homework hassles led to afternoon holler-a-thons

For Durham County grandma, Brenda Graves, homework with 6-year-old Neveah was a struggle. Brenda wanted Neveah to do well in school, but found herself yelling a lot just to keep her granddaughter focused on her homework. It wasn't working, and while Brenda was just following the pattern of how she'd been raised, she knew there had to be a better way.

Brenda says not only were her attempts to help Neveah with her schoolwork ineffective—she could also tell that Neveah was becoming nervous and scared from the yelling.

Then, one day, Brenda heard Neveah repeat, "Grandma, you need a break," and realized how often she used those exact words: "Grandma needs a break", as a way of expressing her frustration and exhaustion.

Brenda co-parents with her own

daughter, and as a grandmother who believes her grandchildren are a precious gift, the words hurt.

"I realized that I had some quirks that weren't benefiting my grandbaby," says Brenda.

"I don't want to push her away. I raised my children with old-school hollering, but I learned there is a different way."

Brenda found Triple P by accident. She thought she was going just to support a friend at a Triple P session. But as she

listened, she realized within a few minutes that the words were helping her, too.

Today, Neveah's schoolwork has improved and Brenda uses new, more effective ways to help guide Neveah's behavior.

It's a new chapter for this little family, as Neveah develops the skills to succeed at school and beyond.

Find out how Triple P helped make life easier – P. 3

**Contact?**  
Go to the website  
[triplep-parenting.net](http://triplep-parenting.net)



## 2 Positive parenting in North Carolina

Fast facts

# 4.3

Babies born every second

Source: [www.theworldcounts.com](http://www.theworldcounts.com)

# 6,000

Estimated number of languages spoken in the world

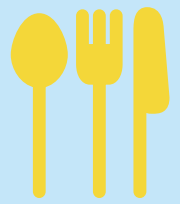
Source: [www.funology.com](http://www.funology.com)



# #1

NC's ranking on the list of sweet-potato-producing states

Source: [www.agclassroom.org](http://www.agclassroom.org)



## Turning 2-year-old's troubles around took teamwork

When 2-year-old Ashton started hitting others when he was irritated or things were not going his way, Pitt County mom, Chariss Williams, knew she had to take action. But what was the quickest and most effective method to teach him a better way of expressing himself?

### A whole lot of options

One of the many things people like about Triple P is it offers different types of support for different situations.

So whether your kids, or the challenges you'd like help with, are big or small, Triple P offers solutions for anything from everyday problems through to major issues. Here in North Carolina, there are 33 counties where you can access a wide variety of Triple P levels, free or at low cost. Each county has selected its own range of programs, which may include:

- A selection of seminars, on topics like positive parenting in general, 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 some 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 up to a couple of hours. Some are offered in Spanish, and 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.

And now there's also Triple P Online, if you prefer to do Triple P at home via your computer.

For details, look under the Get Help menu at [www.triplep-parenting.net](http://www.triplep-parenting.net)

Fortunately, the daycare center Ashton was attending knew the problem was fairly common, and knew that even though it was upsetting for Chariss, with the right guidance, the problem could be fixed.

"He was hitting, he was fighting, I knew I had to try something different," Chariss says. So she took the daycare's suggestion and enrolled in Triple P.

Working with her provider, Chariss began to try some new things with Ashton, starting by talking to him more. "Basically they told me to keep talking to him, working with him every day."

One of the other problems, Chariss realized, was that her family didn't always treat Ashton consistently, which made it hard for him to know what the rules really were.

"Getting my family involved, letting them know 'Ashton can't do that, Ashton can't do this,' has been huge! All I have to do is explain the situation, what's going on with Ashton, and they do it."

She also makes sure her family knows the consequences she uses when Ashton makes bad decisions. "Since he loves electronics, if he breaks a rule I take it away from him. Everyone knows that now."

Like a lot of children, Ashton loves his games, so when the consequences are no more screen time, he works hard!

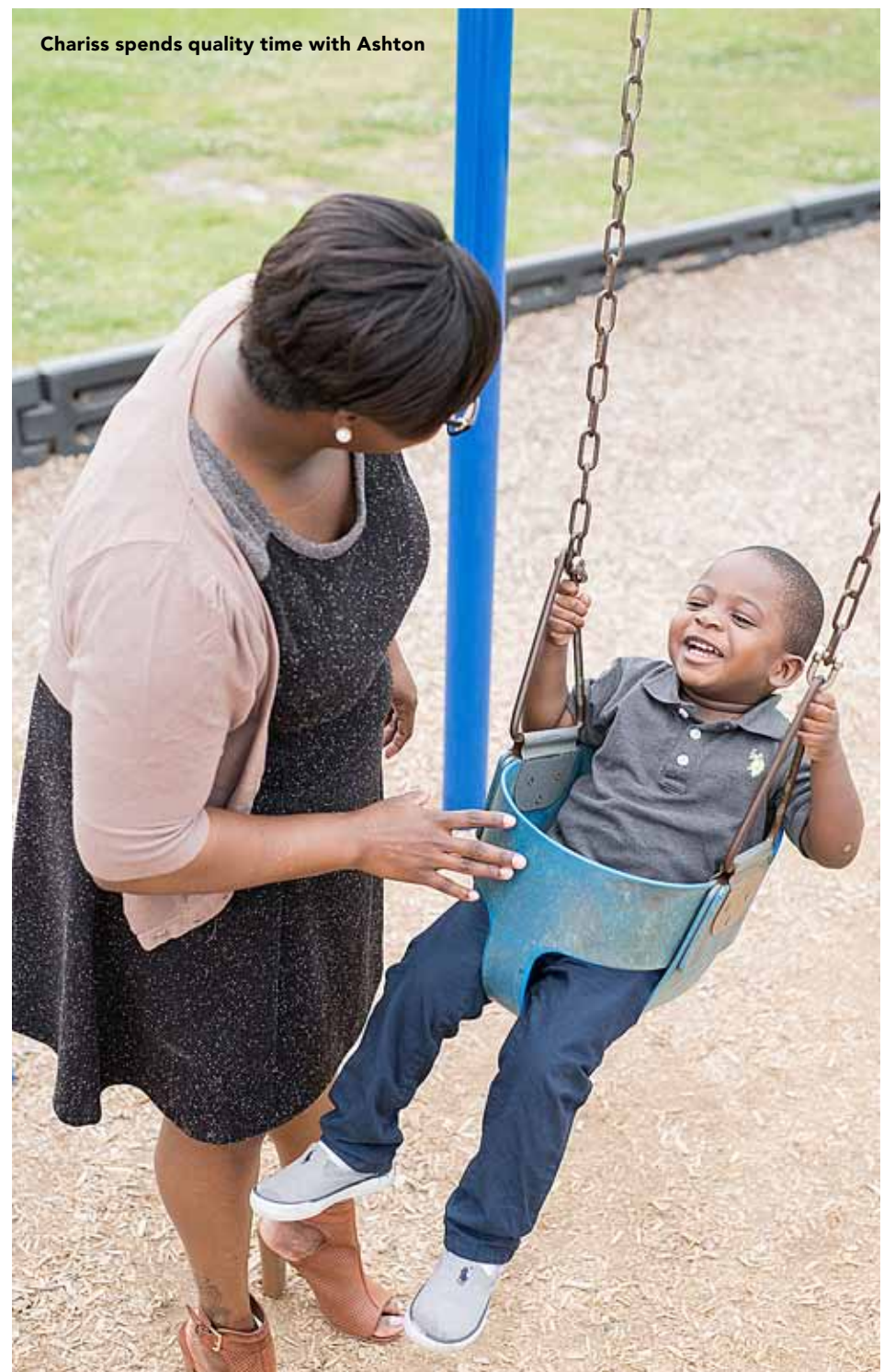
Chariss loves the changes she has seen in Ashton so she plans to keep talking to him and reminding her family how they can help.

She thanks Triple P for giving her a plan she could put in action. And she says her faith plays an important role and believes that sharing that with him has helped.

"Letting him know that 'hey you are not getting rewarded if you get in trouble'..."

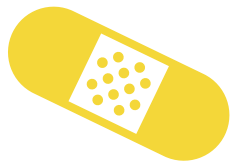
Chariss says. "You have to suffer the consequences; if you do get in trouble, this is what happens. And getting my family involved. That's what's changed us. And it's been a big change!"

And now? Ashton's consistently getting good behavior reports, Mom's a lot happier, and that's putting a big smile on everyone's face. 🍌



Chariss spends quality time with Ashton





## Grandma's pain has turned to joy

When Brenda Graves heard her 6-year-old granddaughter repeating the phrase, "Grandma needs a break" because Neveah had heard it so often, Brenda was surprised and hurt. She wanted her granddaughter to know she was a precious gift. Something had to change, but Brenda wasn't sure where to start.

"I don't want her to feel like Grandma doesn't want her around," Brenda says.

Help came unexpectedly, when Brenda sat in on a Triple P session with a friend. It changed her thinking and inspired her, and soon she was putting into practice what she'd learned.

"I love Triple P," Brenda says. "They don't try to change you. They give you suggestions or alternatives to what you are already doing."

For example, Brenda learned a different way to help Neveah make decisions, and do things differently. She says it all started with less yelling.

"I listen now. Grandma has learned how to listen. We do more talking and I do more listening. No more assuming."

The changes that Brenda has seen are inspiring. Today, Brenda loves that Neveah shares everything with Brenda and Neveah's mother, who co-parents with Brenda. That means that Brenda knows what goes on in school, from bullying to boys to lunchtime conversations.

"I love it because we are talking! She

really loves talking to me now. She tells me and her mother everything, literally everything. And I tell her: you be Neveah, no one else but Neveah."

Now, Brenda discusses rules and consequences with Neveah. She rewards good behavior and, if needed, uses agreed, appropriate consequences for misbehavior, such as taking away an item for a set time. She talks to Neveah about how this gives her the opportunity to learn from her actions. Brenda no longer says she needs a break because now, she doesn't!

And by slowing down a little, more ends up getting done. "I used to get frustrated with homework. But her schoolwork is improving."

Brenda has recommended Triple P to anyone she knows raising a child. She is passionate about sharing what she's learned. She loves being a grandmother and sees it as a second chance to raise a child; a special opportunity. With Triple P help, she says, "There is so much joy in raising her, and it's a lot more fun." 🌟



Neveah gets a cuddle from Grandma Brenda



## Creative ideas help Susan spread the word

When Triple P provider Susan Nixon found out her organization was going to receive a special grant, she got straight to work! Susan runs the Chowan/Perquimans Smart Start Partnership, and she uses her ideas and passion to teach parents about the power of positive parenting—including telling others how it changed her own life.

When Chowan County was one of four counties selected for a Transformation Zone Grant, Susan saw it as an exciting opportunity. Ever since, she's been using her creativity to help families across the region understand what is available right outside their door. Susan has been working to help expand what her county does so children enter school healthy and ready to learn.

"I love Triple P because it is a quick and proven way to work with parents. We can reach parents where they are," Susan explains.

Susan puts a particular focus on family support. She has three of her staff members trained in the Triple P program and wants parents to know they are here.

"We really want people to know where to find trained professionals, people who can help them. We want them to know where to go and understand we are here."

With Smart Start, the leaders in the county are working together on early childhood education, primarily children up to 5 years of age. But Susan says that Triple P can be applied to kids of any age. In fact, she says it changed



Triple P Provider Susan Nixon

"We really want people to know where to find trained professionals, people who can help them. We want them to know where to go and understand we are here."

her family for the better: after learning about the program through her work in parenting support, Susan decided the strategies made sense and she'd try them out at home.

"I raised my younger son different than my twins,

and it worked! Using the principles, I built a relationship. I used to be a yeller but I have learned to stay calm, offer clear instruction and use everything reiterated in Triple P. And it really works. It makes life less stressful for parents."

Susan is so passionate about Triple P that she has found creative ways to share it with her community, including seminars at schools, discussion groups at libraries, summer book clubs, and one-on-one appointments for primary care providers through referrals.

Susan even used a SafeKids Coalition car seat event to give positive parenting seminar tips to the parents she met.

"They were amazed at the good information!" Susan laughs. "We got really positive feedback."

When meeting with a family for the first time, Susan likes to get started by offering them a Triple P Tip Sheet that relates to the main parenting issue they're finding challenging. It could be bedtime or mealtime battles, getting kids to follow instructions, or some other problem like phobias, aggressiveness or shyness. Susan says the Tip Sheets act as a great discussion-starter, allowing her to share some tips and ideas with families.

"Triple P provides parents clear strategies. We are giving them the tips to make them stronger. We work with them to develop a parenting plan they can follow." 🌟



## 4 Guiding kids' behavior

### What parents say

We took to the streets of North Carolina and asked: What's the most important rule at your place?

**Melissa Cline, Wilmington**  
Children: Jackson (5) and Grant (4 months)

It boils down to "be kind and be respectful". They go hand-in-hand. For us, kindness means kind words and kind actions. We say that a lot. Respectful encompasses many lessons as well. In our family, it means look people in the eyes, be a good listener, say yes ma'am and yes sir, take care of things, choose good.

**Amanda McGovern, Pittsboro**  
Children: Hayden (6) and William (4)

No hitting. Our hands are for loving, not hurting and antagonizing...and respect your parents (by using those beautiful listening ears that seem to have earmuffs on half of the time ☺)

**Brianne Rychel, Chapel Hill**  
Children: Anouk (6) and Peregrine (3)

Be helpful, not helpless. I want my girls to know they are capable of helping out more and being independent. Doing even the smallest things for themselves or for the family as a whole makes them feel proud of their contribution and shows them they are capable of much more than they think. A great feeling for anyone, especially young girls.

**Irene Gouge, Holly Springs**  
Children: Connor (9) and Bailey (7)

The most important rules in our house have been and are to "be kind and be safe", but now as our boys are getting older we will shift towards "respect and responsibility". These two rules help guide and grow us.



### Ten minutes with... Judy Kilpatrick

Triple P provider Judy Kilpatrick is a Licensed Managing Family Therapist with Integrated Family Services in Greenville, seeing clients at their Ahoskie and Belhaven centers. Many of the families she helps have children struggling with ADHD. We asked her some questions about using assertive discipline.

**How important is it to set clear, fair and age-appropriate consequences for misbehavior or rule-breaking?**

Ultimately, it is so important. It is the key to change. If consequences are not clear, and not delivered, children don't feel like they have to follow instructions.

**Is it possible to establish rules even when the family hasn't really done so in the past?**

Yes. It may take an adjustment on everyone's part and it can be as hard for a parent as the kids, but it is possible to make changes. Use a calm voice to explain how things will be different. Parents are not "laying down the law." They are explaining things, and how it will be better for all.

**Do children respond differently when rules are set and explained clearly to them beforehand?**

It's been my experience that most children respond well after they push the limit once and realize their parent will follow through. Children like rules and expectations. They tend to calm down when they have clear structure and know what the rules are.

**How do you help parents who are reluctant to set or follow through with consequences because they're fearful of the child getting upset?**

I don't get that much! It's more likely that parents don't want to put the energy into making changes. They'd rather be an "armchair parent." But what I would say to that parent is to ask how that behavior is going to impact their child's life? They could really be hindering their child's development.

**Are there times when children should be involved in rule setting?**

I think there are certain things children can have input on, which means they will have buy-in. But when it comes to safety, there are no compromises. The parent makes those rules! But, for example, things like bedtimes or when homework is done, those decisions can certainly involve children. Anything establishing a structure helps kids, and letting them help decide the structure helps with their development of problem-solving and decision-making. ➔



Triple P Provider Judy Kilpatrick





# Clear rules make discipline easier

Many parents are confused or have mixed feelings about discipline. Is it the same as punishment? Is it about making children obedient or controlling them? Why is it important?

Put simply, good discipline is about teaching and building social skills. As a parent, you can encourage good behavior by using a strategy called assertive discipline—one of Triple P’s five key steps to positive parenting.

Assertive discipline is based on some simple ideas: that you are consistent, you act quickly when your child misbehaves, and you teach them how you want them to behave. Consequences for breaking the rules should be consistent and reasonable and carried out in a family environment that is secure, predictable and loving.

You can get started by having some ground rules. Without rules, life can become chaotic and stressful for everyone; a constant battleground. However, too many rules can also be a problem. So family rules should be few, fair, and easy to follow.

Make sure these rules tell your child what to do rather than what not to do. For example, “walk inside the house” rather than “don’t run inside the house”.

A child should know and understand the rules. And they need to understand that “no” means to stop the behavior that is not allowed. When your child isn’t following the rules, stay calm and avoid shouting, name-calling or threatening, as this can make the problem escalate.

Instead, give clear, calm instructions: Get close, say your child’s name and tell them in a firm, pleasant voice what you want them to do instead.

Children also need to understand if they break the rules, there will be fair and age-appropriate consequences. That way, children know what to expect, and will feel safe and loved—even if they have done the wrong thing! Some suitable consequences for children include temporarily taking away a favorite toy, turning off the TV, or limiting bike-riding.

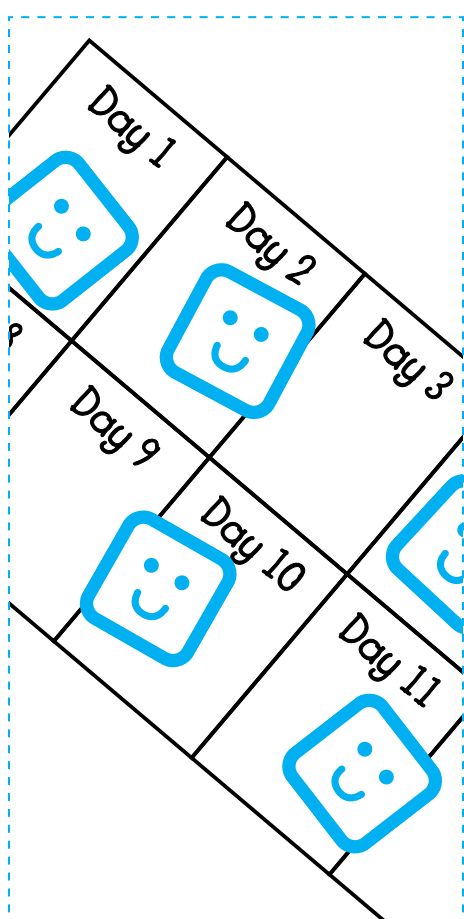
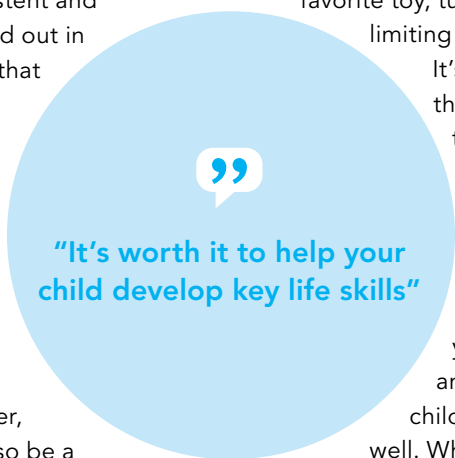
It’s easy to fall into the habit of constantly telling a child what they are doing wrong or being critical.

You can change this by focusing on the positive. So remind yourself to praise and encourage your child when they behave well.

When they follow the rules or are behaving in a pleasant way, congratulate them or thank them for helping you. And it’s often wise to ignore minor misbehavior, which could be simply an attention-seeking ploy.

It takes time, effort and teamwork. Some kids and families may need extra support. But it’s worth it to help your child develop key life skills. ➔

– Professor Matt Sanders



Example behavior chart: “My happy face chart for staying in my bed all night”

## ★ Charting positive changes

Behavior charts can be a really useful way to help teach your child a new skill or encourage positive behaviors, but there are plenty of misconceptions out there about how they work. Ready to bust a few behavior chart myths?

### Myth 1: They’re expensive

A hand-drawn smiley face means as much to a child as a fancy sticker when it’s accompanied by your genuine praise. And when it comes to rewards, rather than toys or purchases, try activities your children enjoy, such as going to the park, being allowed to watch a favorite TV show, having a friend to visit, or playing a board game with you after dinner. The promise of your undivided attention can be a great motivator!

### Myth 2: They only work for preschoolers

In fact, you can adapt behavior charts to suit children between toddlerhood and around 10 years. Focus on simple and specific target behaviors to be achieved, explained in a positive way.

Use pictures and keep it simple for little ones to help them understand. You may want to reinforce behavior such as staying at the table during dinner. Older children could have a chart for things like daily routines, homework, or for regular chores like making the bed. It can even help children who don’t enjoy the task or who lack motivation to change.

### Myth 3: They make kids dependent on rewards

Used effectively, and in conjunction with other positive parenting strategies, you’re building the child’s own motivation by showing them the benefits of pro-social behavior. This is why initially, you should always praise and pay your child attention at the same time as you give them the star or smiley face.

And it’s also why you gradually phase out rewards after a child has mastered the skill. ➔

– Professor Matt Sanders







# Four-legged friends can teach valuable lessons

The decision to bring home a family pet is a big one. After all, critters of any shape or size require responsibility, time and money. But there are many good reasons to consider getting a furry, flippered or finned addition to the family.

Sharing your home with animals can be an amazing opportunity for both parents and their children," says Jenna Stutsman, a Certified Animal Behaviorist and Veterinary Technician at Brunswick Forest Veterinary Hospital. "Caring for others, including pet animals, promotes patience, responsibility, routine, and increased overall fitness."

Teaching responsibility is a big reason people decide to get their child a pet. Having an animal that demands food, water and exercise every day can help

kids learn what it means to have responsibilities that can't be ignored, which will happen throughout their life.

Veterinarians and other professionals, though, warn parents they shouldn't expect young children to be the main caregiver.

Even so, commitment is an important part of pet ownership and an animal can teach a child what commitment means in a tender way. "Relationships with some pets can last around 14 years and animals can't be put away when a child is tired of them," says Jenna. "Pets remind kids that once you make a commitment you must follow through."

Various family pets, especially dogs, can encourage children to get outside and exercise. But even if a dog isn't right for you, nearly any pet can give kids a reason to step away from a screen for a more back-to-nature experience.

Usually children want to spend special time with their pets. One of the reasons children like pets is because they are so accepting, says Prof Matt Sanders of the Triple P – Positive Parenting Program.

"Children see pets as very good listeners," Prof Sanders says. "Kids will

often say that they talk to and confide in their pets, that they share their worries and their fears with them. Pets provide great assurance to children and they can also help provide a sense of stability for them, particularly at a time of change."

Jenna Stutsman reminds parents to think beyond dogs

or cats when it comes to a family pet. "Fish are a great option for those looking for less day-to-day responsibility, dogs are perfect for outgoing and active families, and cats, mice, and rabbits fall in the middle of the spectrum generally."

She says before deciding to get a pet, it's a good idea review the options as a family and to discuss reasons, pros and cons, as this will help get everyone on board. ●

“Pets provide great assurance to children and they can also help provide a sense of stability for them, particularly at a time of change.”



Jenna Stutsman



## Think outside the yard

A pet needn't be a cat or dog. Popular small pets for kids include:

- Guinea pigs
- Hamsters
- Hermit crabs
- Geckos
- Rabbits
- Turtles
- Parrots
- Fish



# Summer fundays!

When it comes to family fun this summer, don't let the heat in North Carolina keep you from getting outdoors! From the mountains to the beach, there are plenty of opportunities to keep little minds engaged while you enjoy spending time together as a family.



Photo courtesy of Wilmington and Beaches CVB

## Take a trail

Just in time for the warm summer weather, Greenville has opened the latest addition to outdoor education: the brand new Born Learning Trail at River Park North. The trail is made up of 10 activity stations, to help you engage your child in some on-the-spot education in nature's classroom.

If trails are your thing, you could also visit the Talking Trees Trail in Jordan Lake Educational State Forest in Chapel Hill. On this ¾-mile easy walking path, "talking trees" offer visitors recorded messages about history and nature.

## Something for everyone

About 45-minutes outside of Charlotte, the Dan Nicholas Park offers entertainment and activities for kids of all ages. Within its 425-acres, there's a 10-acre lake for paddle-boating and fishing, Rowan Wildlife Adventures, Hurley Family Water Plaza, picnic shelters and a playground, volleyball, horseshoes, ball fields, tennis courts, miniature golf, a carousel, gem mining, a fresh water

aquarium and even a miniature train ride for children. Bring some money if you want to use the paid attractions, as these can cost \$2-\$8.

## Hit the beach

A drive to Wrightsville Beach from the Triangle can take as little as two hours and many families do it as a day trip. From May to October, you and the kids can see (and feel) live ocean critters at The Coastal Education Center's Touch Tank Tuesdays, and enjoy a variety of special events with local artists, writers and coastal experts.

If you have more beach time, plan a trip to Kitty Hawk and Jockey's Ridge State Park. Not only is it the tallest natural sand dune system in the Eastern United States, but kids can run along the very route taken by the Wright brothers in 1903 on their first successful flight. Travel a little further south, and catch the famous play *The Lost Colony*. This open air performance has been running in North Carolina for 79 years.

## Mountain magic

If you prefer the mountains, there are some hidden treasures to explore. The Andy Cove TRACK Trail in Pisgah National Forest is a great trail for kids. Along the ¾-mile loop, you'll find a canopy boardwalk, swinging bridge, a stream with several bridge crossings and four different self-guided adventures. And it's cool in the literal sense, too: temperatures in the park, right off the Blue Ridge Parkway, can be in the 80s even during the hottest summer months.



Photo courtesy of VisitNC.com



Photo courtesy of VisitNC.com

## Keep your cool in the car

Misbehavior in the car is not only stressful—it can be dangerous, particularly if the driver becomes distracted. So it's important to plan ahead and take some simple steps to help make car travel safe and enjoyable.

Before leaving home, tell your child where you'll be going and how long the trip will take. Older kids can help map out the route, including where they'd like to stop or sightsee.

Kids are more inclined to whine or misbehave if they're tired or hungry, so plan your trip around normal routines, if possible. Rather than using food to keep everyone quiet, offer a healthy snack after a period of good behavior. And as well as regular breaks for eating meals and using the bathroom, kids need time to stretch their legs and run around.

Decide on two or three simple rules for car travel and discuss them with your child. In particular, explain the importance of wearing a seat belt and why the driver has to be able to concentrate on the road. Explain ahead of time what you'll do if problem behavior occurs. Use strategies such as planned ignoring and quiet time, even if you have to calmly pull over to the side of the road as soon as it's safe.

Small children can quickly become bored and even lonely on car journeys. As well as packing toys and amusements to keep them busy, allow for some activities that involve them. Singalongs, oldie-but-goodie games like "I spy" or spotting cars that are their favorite color, and conversation (try planning some interesting questions beforehand) can make the trip more fun.

— Professor Matt Sanders



**Contact?**  
Go to the website  
[triplep-parenting.net](http://triplep-parenting.net)

Whatever you plan to do to beat the heat this summer, it's worth it to find some time to relax with your kids, and explore the natural wonders of our beautiful state. For more information, see the Visit North Carolina website: [www.visitnc.com](http://www.visitnc.com)



# 8 Triple P in North Carolina

## Reaching out across communities

When it comes to supporting parents, Triple P providers believe in reaching out to their community. Here are some examples of how they're connecting with parents across the state.

At East Carolina Kiddie College in Winterville, families learn about Triple P as part of a holistic approach to childcare. The center offers the state's only after-school care program for children with autism, learning differences and physical disabilities, as well as a daycare center and preschool for kids of all ability levels. It was founded by Dr. Wendy Gray Hudnell, to honor her late husband, Landry Gray, who passed away from a brain tumor in 2009. (She has since re-married.)

Dr. Gray Hudnell has seen firsthand examples of Triple P in action, like the mother who came to the center seeking help with her son, who was later diagnosed with high-functioning autism. "[We] trained [her] through Triple P, and he is doing really well. Instead of 'no, no, no, no, no' her parenting became more positive."

"The more we know about parenting

and the more educated we are, it's going to be helpful," continues Dr Gray Hudnell. "I just see parenting affecting so many people."



"Instead of 'no, no, no, no, no' her parenting became more positive."

Meanwhile, in Wake County, families are taking part in a creative program called Project Enlightenment, through the public school system. Teachers help parents of young children to combine early childhood education and parenting support at no cost—including to families in need.

"Some families are experiencing homelessness, some have children enrolled in a parochial preschool, some are working to remove their family from an unstable situation, some are trying to co-parent, and some just want parenting support," Ashley Lindsay with Project Enlightenment says.

"Our staff is able to work with these agencies to coach them in their Triple P delivery...to make sure their families

receive the level of service that best fits their needs."

Project Enlightenment's small team supports 35 Triple P Raleigh partner agencies and also travel out into the community to provide Triple P directly to families, whether it's individual help or other levels of Triple P, depending on what each family needs.

And in Raleigh, Triple P hit the airwaves when Radio One hosted the 22nd Women's Empowerment and Networking Expo earlier this year. The two-day event motivated, inspired and rejuvenated women of all ages, and helped Triple P providers reach over 2,560 attendees through seminars and a vendor booth. The Durham County Triple P Program gave parents tips on raising confident, healthy children and the core principles of positive parenting.

Radio One's Ester Currie was delighted with Triple P's involvement, describing it as essential to the overall look and feel of the event, adding that "inspiring, encouraging, and educating attendees with life skills that will impact generations to come," was the key aim of the expo. ➔



### The TippiPaper 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 provider. For your nearest Triple P provider, see [www.triplep-parenting.net](http://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](http://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.

- You can do group courses or talk one-on-one with your provider.
- There are programs for parents of young children and for parents of teenagers.
- There are stand-alone sessions, pick and choose discussion topics, and ongoing courses.
- Now, there's also Triple P Online, available 24/7, anywhere in North Carolina.

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

- Use the "Find A Provider" Google 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.

Find us on [facebook.com/tripleparenting](https://www.facebook.com/tripleparenting)



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 counties where Triple P is available, sorted by region

### South

Coordinator for services in the following counties:

- Mecklenburg
- Cabarrus

#### Cathy Henderson

Ph: 980-314 9128  
[cathy.henderson@mecklenburgcountync.gov](mailto:cathy.henderson@mecklenburgcountync.gov)

### South West

Coordinator for services in the following counties:

- Buncombe
- Madison

#### Sherry Holder

Ph: 828-649-9975  
[sherry.holder@rhanet.org](mailto:sherry.holder@rhanet.org)

### North West

Coordinator for services in the following counties:

- Appalachian District (Ashe, Alleghany and Watauga counties)

#### Jennifer Schroeder

Ph: 828-264-4995  
[jennifer.schroeder@apphealth.com](mailto:jennifer.schroeder@apphealth.com)

### North

Coordinator for services in the following counties:

- Alamance
- Durham

#### Christian Adams, BSW, MSW

Ph: 919-560-7753  
[cadams@dconc.gov](mailto:cadams@dconc.gov)

Coordinator for services in the following counties:

- Wake

#### Ashley Lindsay

Ph: (919) 856 7800  
[alindsay@wcpss.net](mailto:alindsay@wcpss.net)

### North East

Coordinator for services in the following counties:

- Hertford
- Martin
- Tyrell
- Washington
- Albermarle Regional Health District (Camden, Currituck Chowan, Bertie, Pasquotank, Perquimans Gates)

#### Trey Wright, MA, MPH

Ph: 252-794 6224  
[trey.wright@arhs-nc.org](mailto:trey.wright@arhs-nc.org)

### Central North East

Coordinator for services in the following counties:

- Edgecombe
- Halifax
- Nash
- Northampton
- Vance
- Warren

#### Cassandra Faulcon

Ph: 252-583-5021  
Ext 277  
[faulconc@halifaxnc.com](mailto:faulconc@halifaxnc.com)

### East

Coordinator for services in the following counties:

- Beaufort
- Greene
- Hyde
- Jones
- Lenoir
- Pitt

#### Lynne Carter

Pitt County Health Department  
Ph: 252-902-2353  
[lynne.carter@pittcountync.gov](mailto:lynne.carter@pittcountync.gov)

