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Tantrum turn-around
Some new ideas made
a world of difference



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Keeping it real
Are you expecting too
much (or too little)?



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Get creative!
Ways to bring out your
child's artistic talents



Tippaper Parenting tips and information for every parent



> Triple P – Positive Parenting | Be Realistic | Winter/Spring 2017 | North Carolina | No. 6

www.triplep-parenting.com



Great news for NC families!

Parenting would be easy if life were like TV commercials, where the kids are always clean, tidy, smiling and perfectly behaved!

In real life, things aren't so simple. But now, the Triple P – Positive Parenting Program is available, free or at low cost, to eligible parents of children under 12 (or under 16 in some areas). **You can now do Triple P Online and Teen Triple P Online FREE anywhere in North Carolina.**

In many counties, you can also choose from seminars and small groups through to one-on-one consultations. It's all thanks to the North Carolina Triple P State Learning Collaborative, a partnership of 40 counties: Alamance, Alleghany, Ashe, Avery, Beaufort, Bertie, Buncombe, Cabarrus, Camden, Catawba, Chowan, Currituck, Dare, Durham, Edgecombe, Gates, Greene, Halifax, Hertford, Hyde, Jones, Lenoir, Madison, Martin, Mecklenburg, Nash, New Hanover, Northampton, Onslow, Pasquotank, Perquimans, Pitt, Tyrrell, Union, Vance, Wake, Warren, Washington, Watauga and Wilkes.

What is Triple P?

Triple P's positive parenting is about encouraging the behavior you like, and discouraging behavior you don't. It's about being calm and consistent so your child always knows what to expect. And it's about having a good relationship with your child. Decades of research has shown kids and parents reap the rewards. That's why Triple P is used in over 25 countries around the world.



Six-year-old was stressed, sad, and shutting down

Laura Pierce and her husband, Cory, knew it was the right decision to move their family miles away from their home state of Ohio for better jobs in Hickory, North Carolina. But when their 6-year-old son, Owen, became quiet and withdrawn, they started to worry.

Laura and Cory work for the same company and were excited about their new jobs in North Carolina. But they left behind family and daycare providers they loved. Everything was different.

"When we moved, we uprooted our entire family," Laura says. "Basically, we took both kids away from everything they knew. It was a hard choice, but we knew it would be best for our kids and our jobs in the long run."

Laura's 8-year-old daughter, Emma, has always been an outgoing child and

seemed to adjust to the move quickly. But Owen was different.

"His behavior was out of the ordinary," Laura explains. "When we would tell him not to do something, he would just shut down and smack the wall."

Owen wasn't the only one feeling overwhelmed. Laura and Cory were adjusting to the move, missing their friends, and now missing their little boy the way he'd been back in Ohio. And Laura really missed the family support she left behind. Between work, the move,

and parenting, she was tired and pushed to the edge. She found herself yelling a lot, even though she knew the kids just wanted her attention after being apart from her all day.

Eventually, the family began working with a professional who recommended the Triple P – Positive Parenting Program. Not only did they find answers to help Owen, they also found a community of support.

Find out how Triple P made such a difference – P.2

Contact?
Go to the website
triplep-parenting.com

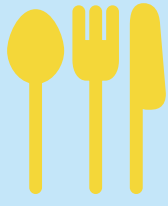
2 Positive parenting in North Carolina

Fast facts

14 – 15

Number of times a child needs to try a new food before really deciding whether or not they like it.

Source: *The Irish Nutrition and Dietetics Institute*



5,000+

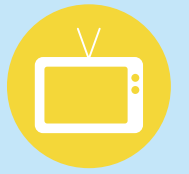
Estimated number of shipwrecks off NC's Outer Banks

Source: *worldatlas.com*

167

Extra calories eaten by a child for every hour of TV watched.

Source: *Archives of Pediatrics & Adolescent Medicine, Nov 2014*



Phew! Relaxation and communication worked a treat

After the Pierce family moved from Ohio to NC, there were plenty of adjustments to be made. But 6-year-old Owen was struggling the most.

What works for you?

Different families, different situations; different options! That's just one of the many things people like about the Triple P – Positive Parenting Program.

You may be dealing with everyday issues or more serious problems, but there's a Triple P program to suit. And you choose what strategies you'd like to try at home.

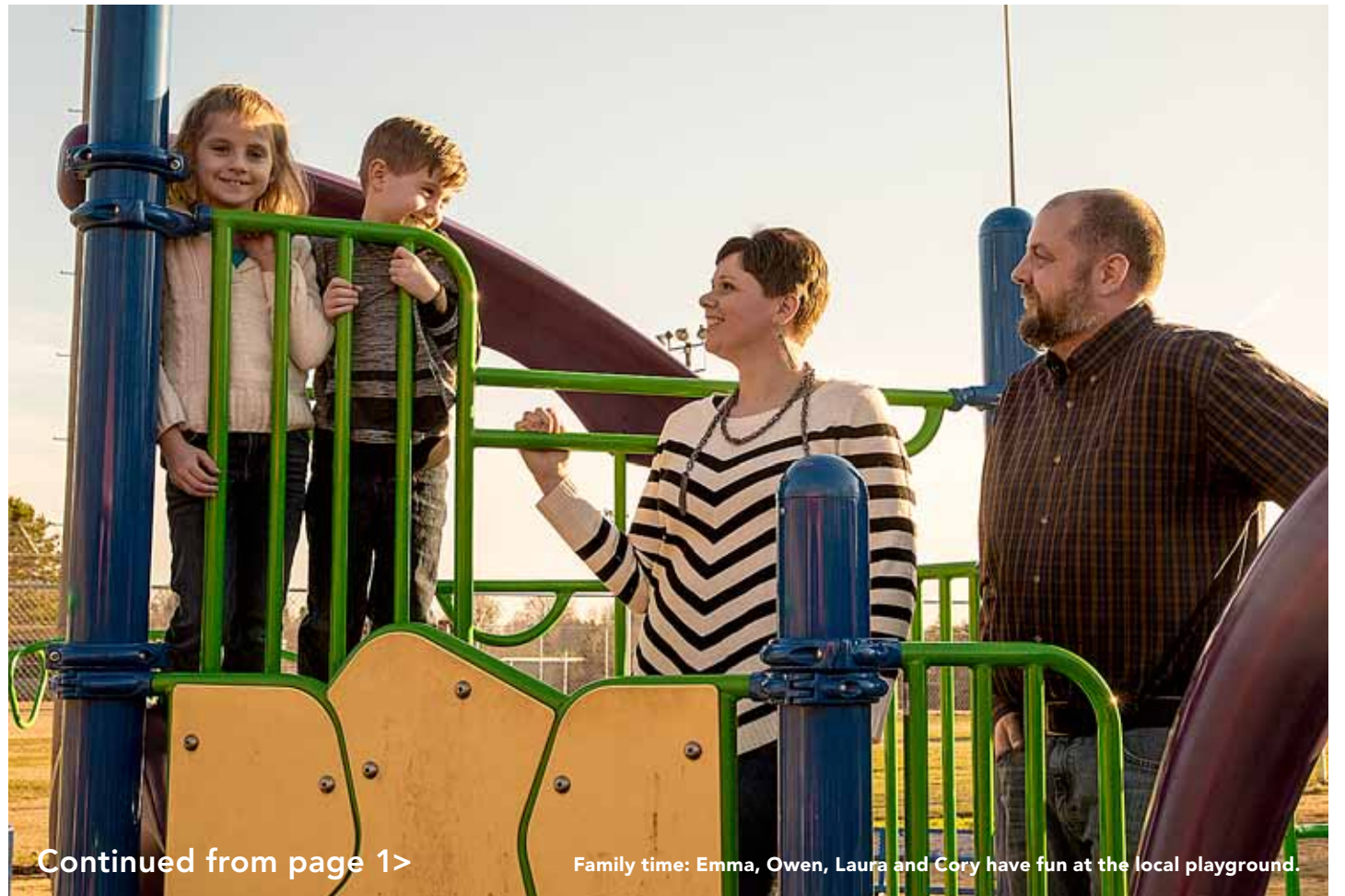
If you'd like to do Triple P at home via your computer, you can now do free Triple P Online or Teen Triple P Online anywhere in NC. In many counties you can also access a wide variety of Triple P levels, free or at low cost. Each county has selected its own range of programs, which may include:

- One-off 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 extra support.
- Individual sessions with a provider. at a time that suits you.

Your Triple P session could be a 15-30 minute chat, or a group discussion of 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.

For more information, look under the Find Help menu at www.triplep-parenting.com



Continued from page 1 >

Family time: Emma, Owen, Laura and Cory have fun at the local playground.

Laura Pierce knew she had to make personal changes that would help her children but that it would be hard. Because Owen was so young, he couldn't explain what he needed. Laura and Cory realized Owen was in mourning after the move, and he needed time to grieve. Laura also realized, with help from her Triple P provider, that Owen was not only feeling his own sadness but was reacting to his parents' emotions.

"I realized I was creating a problem," Laura remembers. "Owen's behavior is very tied to mine, and I was getting frustrated. With the stress of moving, I was yelling a lot."

Triple P taught Laura she could be more positive if she took time for herself. Laura says this was "eye opening."

"My husband and I learned, through Triple P, that 'me time' and 'us time' are actually quite important...this time creates a reset from the day-to-day activities, stresses and frustration."

Now, since Laura uses moments away to reset, she can communicate better with Owen and talk to him in creative

ways. She began to use his favorite books and their characters (dinosaurs) to talk about right and wrong.

"We ask him to make good 'dinosaur decisions,' especially when he may need to adjust his choices."

Laura and Cory also started sticker charts to reward Owen's good behavior. Now, even when Owen and his sister fight, Laura has new ways to manage the problem and help them to get along better. Everything, Laura says, is better when she talks to Owen.

Today, Laura and her husband feel like Owen is back to the way he was before they moved to North Carolina. He has come out of his shell and his parents couldn't be happier to have him back.

Laura knows she and Cory couldn't have helped Owen without Triple P. For her, finding a community of parents in her situation gave her strength to make positive changes.

"You start to think you are the only person with this problem," Laura says. "But we were able to meet other parents who were in our situation, our challenges

are the same. We are not unique, and we are not alone."

"Parenting is a learned skill, and you always have to adjust. Triple P helped us adjust where we needed to." ➔





Tantrum turn-around for Gabriel

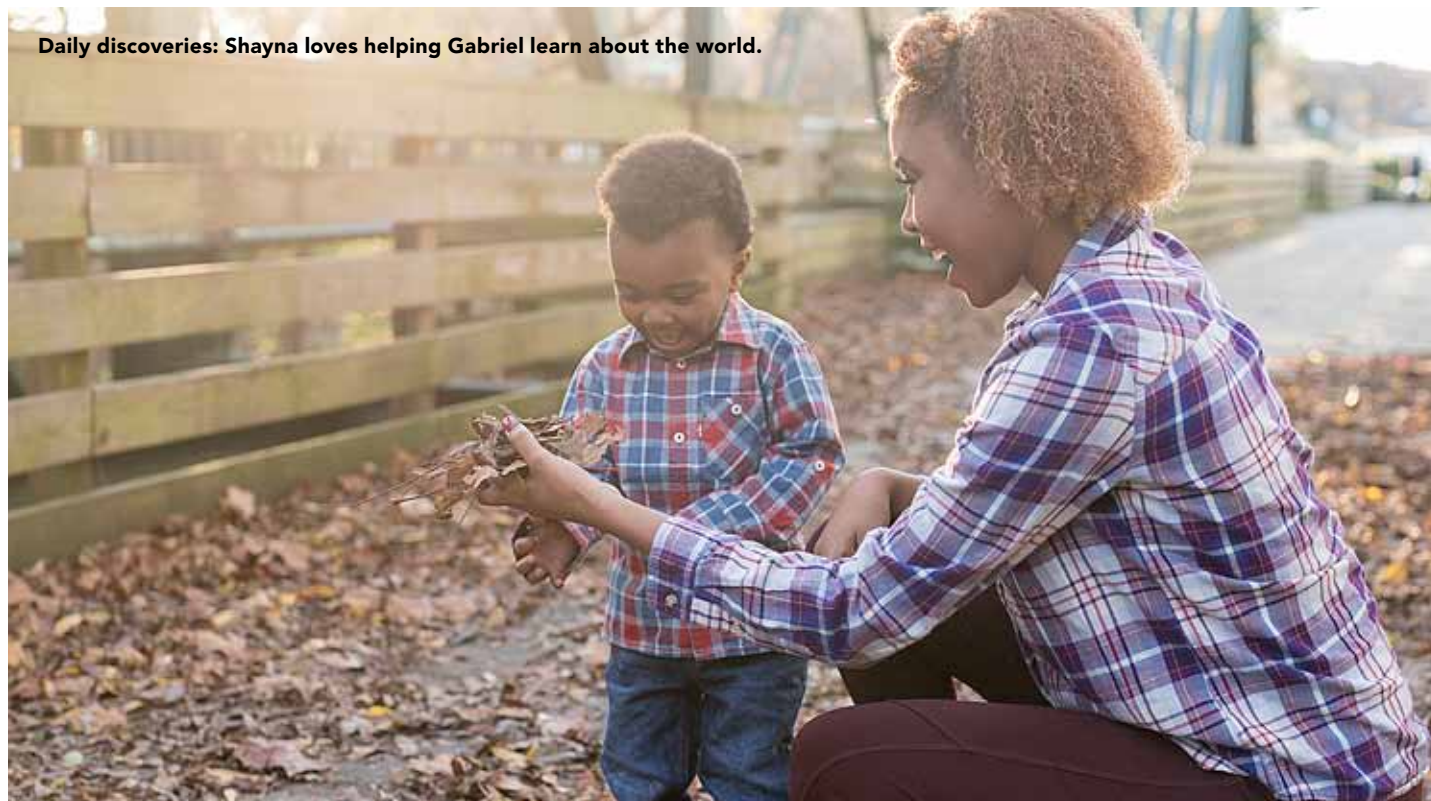
Like a lot of toddlers, Shayna Longmire's son threw tantrums. But Shayna began to feel overwhelmed when two-year-old Gabriel wasn't responding to the discipline methods she had learned from her mother. She could see that Gabriel's behavior wasn't changing—in fact, things seemed to be getting worse.

Gabriel had been challenging Shayna with actions she felt were dangerous. He was hitting his head against the floor, throwing food, climbing on the furniture, and not treating his toys with respect. Shayna did not like what she saw, but she felt she needed help to find her own way to parent.

So when Shayna's nurse at Nurse Family Partnership suggested Shayna attend Group Triple P, she was immediately interested. She knew in her heart there had to be a better way to get through to Gabriel. By doing the group sessions, she discovered her intuition was right.

"Triple P helped me realize a different perspective on how to discipline," Shayna says. "Every parent has their own way of disciplining and even though I live with my mom, my way is way different."

Shayna liked how Triple P taught her



Daily discoveries: Shayna loves helping Gabriel learn about the world.

to use time-outs properly and to keep Gabriel on more of a schedule. She saw that when she stuck to a routine, she had more success with Gabriel's behavior.

"I learned to tell him what I *do* want him to do, not what I *don't* want him to do," Shayna says.

It's been a challenge, as Shayna is in school full-time in order to become a qualified medical stenographer. She relies on the support of her mother and Gabriel's babysitter, but is confident

that this is for the best in the long run. In the meantime she communicates with Gabriel's other caregivers so they can be consistent.

Even though Shayna is a busy mom with an active two-year-old, she finds time to keep putting into action the Triple P plan she developed with her provider.

"It teaches good methods," she shares. "It is a way to guide a child without violence."

Shayna understands that parenting is a long journey, and one that will need more learning as she continues along. Through doing Triple P, she has come to realize that many things take a lot of practice; teaching skills requires doing the same thing over and over. But both of them are learning.

"Don't give up," Shayna encourages other parents. "[Triple P] teaches you a lot of stuff you never knew!"



Natasha feels right at home helping parents

Natasha Goldstein first discovered Triple P when she moved from California to North Carolina. Since then, she's become a Licensed Marriage and Family Therapist (at Restoration Family Counseling) and done more Triple P training so she can help families with a range of issues.

Natasha was a California girl. After getting her Master's from Pepperdine University in Orange County, Natasha had a conversation with a good friend who told her of all the amazing job opportunities in the Triangle area of North Carolina. Before long, she'd decided to move across the country.

That was five years ago. When Natasha first arrived in Raleigh, she took a job in community health and was offered the chance to learn about Triple P. She jumped at the chance and immediately fell in love with the program.

"We don't tell parents what to do," Natasha explains. "We give them options and encourage them to do what works best for their family. The best strategy is one you actually use!"

A few years later, Natasha moved into private practice, but she wasn't leaving Triple P behind! She did more training to deliver

Level 4 and Level 5 care and has been using the Triple P program with her clients. Natasha says that because Triple P is evidence-based and applies to



Natasha Goldstein

"We don't tell parents what to do"

everyone, it's a model she really believes in, and it gives the parents the chance to stop repeating a cycle.

"So many parents manage problem after problem instead of seeing the positive and making changes."

One of the most common problems Natasha sees are parents who are inconsistent when it comes to their children. Sometimes it's because the parents aren't communicating with each other, and sometimes it's because they simply give in to their kids. Part of Natasha's job is to help parents figure out how to fix things and manage their children's behavior.

"Sometimes parents are at a loss because what they are doing doesn't work. We work to get them on the same page," Natasha says.

Another thing Natasha likes about Triple P is that it's empowering, because it's about helping parents develop their

own skills to manage problems. With some support and practice, families learn how to move the conversations they're having with her into conversations they can have at home, with each other and their children.

When Natasha reflects on her years with Triple P, moving from community health to private practice, she says she's seen just how well the program works for everyone.

"Parenting struggles affect all kinds of parents," Natasha explains. "No matter the education level or access to resources, people tend to parent how they were raised. I recommend Triple P to almost anyone out there who has concerns about their child's behavior or their own as a parent."

And while she loves helping families to make changes, Natasha's not planning any more moves for herself—Raleigh is home now!

"Sometimes parents are at a loss because what they're doing doesn't work."

4 Realistic expectations

Be realistic about what's possible

Do you expect your child to be perfectly behaved all the time? Do you think you should be able to easily cope with pressures of work and family and always come up smiling? Maybe you're expecting too much, of yourself and of your children. One of Triple P's Five Steps to Positive Parenting is to have realistic expectations.

For starters, remember that nobody's perfect. Not your kids and not you. If you expect your child will always be polite, tidy up, and never be unhappy or uncooperative, you're setting yourself up for disappointment—and for conflict. Kids do make mistakes, but most mistakes aren't intentional.

Too many rules can be as bad as not enough. Kids end up confused and parents frustrated. Think about what's most important. Does it really matter if your kids don't eat everything on their plate or accidentally leave their shoes outside sometimes?

And it's okay to talk about your problems with others. You don't have to present a picture-perfect image to the world!

It also helps to understand that children aren't all the same. They're individuals with distinct personalities. Even kids of the same age develop at different rates. So it's important that you don't expect more of your child than he or she is physically or intellectually capable of doing. Just because your friend's daughter is able to dress herself, don't think your child should automatically be at that stage too.

On the other hand, don't expect too little of your child. It's understandable that many moms and dads continue to dress their child, brush their teeth, and pack their school bag, even when the children are old enough to learn to do it themselves. It's usually quicker!

But it's vital to help your child learn new skills as soon as they're ready. It's good for their independence and sense of achievement. It's OK to let your child try, even if they fail at first. The added bonus is less pressure on you in the long run.

We all want to do our best, especially when it comes to parenting. But we're all human. So try not to get too frustrated or upset when you or your kids make a mistake. Remember, everyone learns through experience. ➔

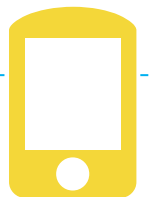
You don't have to present a picture-perfect image to the world!



Contact?
Go to the website
triplep-parenting.com

Not now—I'm on the phone!

Ten minutes on the phone without an interruption or a tantrum—is it too much to expect? Triple P's Dr. Matt Sanders says it may well be, unless you've prepared your child in advance.



A child who acts out may simply be finding it difficult to share their mom or dad with the unknown person on the end of the phone. But if you give your child a minute or two of attention when they seem to want it, they may not bother you for the rest of your phone call. That direct attention may be enough to satisfy the child that their parent is still there for them.

Even so, children still need to learn polite ways of interrupting. So it's all about planning ahead for these kinds of high-risk situations, rather than reacting to them when they happen.

Setting simple rules can help.

Try saying something like, 'Play with your quiet toys until I'm finished on the phone'. Rules should tell your child

what to do rather than what not to do. Positive instructions are more likely to be learned and followed than negative ones such as 'Don't make that noise'.

If you know in advance you're going to be on the phone for a while, explain ahead of time that you'll be busy doing something important and cannot be interrupted. You can practice this. Pick up the phone and speak for two to three minutes. If your child continues to play, praise them for letting you speak on the phone. 'Taylor, I'm really pleased that you played quietly while I was on the phone.'

Smaller children may only be able to occupy themselves for a short period of time.

You could encourage your child by giving them a reward when they follow the rules. Tell them what they can earn—perhaps a favorite snack or special activity. Make sure that the consequences of breaking the rules are consistent, appropriate and fair. Remember, a small child who interrupts probably isn't being naughty, just reacting naturally to their caregiver not being available to talk to.

Over time, make rewards less predictable by not always giving them. Eventually, as your child learns to occupy themselves you won't need to remind them of the rules, rewards and consequences each time. ➔

What parents say

We took to the streets of North Carolina and asked:
Do your kids do chores around the house?

**Sarah Coggins,
Morrisville, NC**
Children: Dylan (7) and Elise (2)

My son has a few basic chores (setting the table for dinner, clearing his plate, helping to keep the main living spaces clean, cleaning his own room), but, so far, we don't pay him an allowance. Rather, he can earn 'stars' on his chore chart and after a certain amount earns a 'prize.' These are generally a family adventure such a trip to a local museum. We try to focus more on experiences than physical items.

Lauren Machos, Cary, NC
Children: Luke (7), Evan (5) and
Kailee (3)

We do make our children do chores. All children must make their beds before school and on the weekends and help change the sheets for laundry. Luke takes trash and recycle bins in from the street after they've been emptied. Evan gets the mail every day. Kailee feeds the dog. The boys set the table for dinner and Kailee helps where she can. Everyone cleans their rooms and the playroom and all kids help with the farm animals too!

**Annesophia Richards,
Wilmington, NC**
Children: Dean (5) and Linda (2)

My five-year-old son, Dean, does not yet have many chores. We do have him put his folded clothes back into the appropriate drawers in his room once they have been washed. For this he earns a quarter, which right now seems to be enough money to motivate him!



Ten minutes with... Jean Bell

Jean Bell is a Parenting Education Coordinator at Vance County Cooperative Extension, and a trained Triple P provider. We talked to her about this issue's theme, which is having realistic expectations:

What's more common - parents expecting too much or too little from their kids?

I've seen both extremes. Some parents expect too much of kids: for example, expecting a 5-year-old child to be responsible for taking care of his 2-year-old sibling. Parents can go the other way and baby a child, for example always dressing a 5-year-old and not giving them the chance to learn the skill of dressing themselves.

What advice would you give a parent who thinks their child isn't meeting "normal" developmental milestones?

Parents need to realize that all children develop at their own pace, and that milestones are achieved when the child is ready. For example, it's within the normal range for kids to learn to walk any time between 9 and 16 months. So don't stress if your child does not do something as soon as your friend's child. Parents also need to trust themselves because they know their child better than anyone. So if you think your child is not developing normally, talk to your health care provider.

What would you say to a parent if their child's behavior is very different at home compared to at school or kindergarten?

The parent would need to figure out why the child behaves differently in different settings. Are there routines and rules that are enforced in one place and not another? Maybe the problem is attention. A good first step would be working with the teacher to observe and keep track of the problem behaviors, wherever they're occurring. Then both can talk about ways to solve the problem, and try the solutions to find the one that works best.

Parents often compare their own children to others. Is this helpful or harmful or a bit of both?

A bit of both. Comparing can be helpful if it helps a parent recognize a problem. But it can be harmful if it makes the parent pressure a child to do things they're not developmentally ready for, just because someone else's child is doing it.

In what ways do parents compare themselves to other parents?

Parents sometimes feel that other parents are better at parenting or that another way of parenting is best. Parents need to realize that everyone has a different parenting style. Find the style that works best for your family.

Is it possible to be a "perfect parent"?

No! [Laughs.] But it's possible to do the best job of parenting that you can, learn from mistakes, and give yourself credit for doing a hard job. So relax, have fun and enjoy your kids. ☺



Let kids choose their chores

So, you want your children to help with the housework. If you've got more than one child, it's a good idea to start this with all your children at the same time, even if they are different ages. Children will be happier about the new responsibilities if they don't feel they are being singled out or punished in some way.

However, be aware of the physical limitations of each child. Make sure your expectations about what tasks they can do are fair and clear to the child.

I'd recommend a job roster that you put on the fridge. You can avoid fights about who does what, and it will remind each child what they need to do. Involve your

children in the planning by asking them to suggest chores they might like to do. Of course, if they say they don't want to do anything—and that's likely!—tell them you'll decide for them if needed.

You might like to initially offer some reward for jobs done. Perhaps it's a special activity or an allowance. But you

may consider reducing rewards over time as your child learns the roster. You will also have to spell out the consequences for not doing chores. Maybe that's going to bed early or not watching certain TV shows. Ideally, children should take on household tasks because it's what you do as a family, not solely as a way of getting rewards or avoiding punishment.

If your child doesn't do their jobs by the agreed time, or does them half-heartedly, don't debate the issue. Promptly and calmly carry out the consequence that you'd agreed on earlier, and don't give in to protests. Be consistent and patient, and each week review whether they've

done the jobs on the roster.

Be aware that children, like many adults, may try to get out of doing something they don't really want to do. So be careful if your child says they will do the chores tomorrow or as soon as they have finished some other more enjoyable activity. Children won't always keep to the bargain.

Praise them when they deserve it. And encourage improvement when you see it. You and your child will eventually both reap the rewards. ☺

— Dr. Matt Sanders

6 Healthy families



Hands up for good health

While the sun hides during winter months, germs thrive. No one likes to be sick or see their children sick, so when it comes to family health, prevention is the best medicine.

"Frequent handwashing is always the number one way to stay healthy and stop germs and bacteria entering the body," says Dr. Caroline Morgan, M.D., M.S., of Pirate Pediatrics, in Greenville.

Dr. Kerith Lawrence, M.D. of Carrboro Pediatrics agrees: "Handwashing can also help prevent others from getting sick."

Especially when unwell, they say, we should get into the habit of washing hands after touching the face (mouth, nose, eyes), or helping children to wipe their nose. To wash properly, use lots of soap, create lather, and teach children to sing the "Happy Birthday" song twice through before turning off the water. You can use hand sanitizer if you're not near a wash basin.

"Another way to help prevent the spread of germs is to teach your child to cough and sneeze into their upper arm," adds Dr. Morgan.

Dr. Lawrence and Dr. Morgan also offered the following tips for keeping sickness at bay during the colder months:

Eat healthy food

Eating plenty of fruits and vegetables, wholegrains, and fresh foods helps provide the body with essential nutrients. "Eat a variety of foods from all of the food groups—try to eat a rainbow of colors every day," suggests Dr. Lawrence. [You could also try eating extra apples, oats and nuts because soluble fiber, according to a 2010 University of Illinois study, reduces inflammation and strengthens the immune system.]

Be smoke-free

Avoid smoking and second-hand smoke. Smokers have greater health risks but second-hand smoke also puts non-smokers, including children, at risk.

Get sunlight and exercise

With shorter days and cold weather, getting outside can be a challenge.



Dr. Caroline Morgan



But the Food and Drug Administration recommends everyone spend at least 10-15 minutes in the sun every day. Vitamin D, which the sun provides, is vital to keep the immune system strong. Exercise is good for circulation and stress reduction. In short, even just a regular walk can do a lot for your health, as long as you keep warm.

Do some deep breathing

Mental health is important too. Try relaxation techniques with your children and talk to your doctor if things are very stressful at work or at home.

Consider taking vitamins

While eating healthy will keep little bodies strong, it can be hard for picky eaters to get optimum nutrition to fight off viruses. If you think your child's diet is lacking in things like zinc, iron and Vitamin C, try a vitamin supplement during the winter months, but only give the recommended dose.

Drink lots of water

While many kids prefer juice, all that extra sugar is not welcome. Encourage your children to drink as much water as possible. Keeping the body well-hydrated helps the kidneys, liver, circulation and lymph glands to work as they should, all

of which helps in fighting off sickness. Creative ways to encourage kids to drink more water include fun water bottles and straws, reward charts, and good role modeling.

Stick to the sleep schedule

Little bodies that are tired cannot fight off germs as well. Be sure your family is staying on a good sleep schedule and getting enough uninterrupted rest.

No matter how thorough you are, of course, kids do get sick. Whenever possible, stay at home if you or your kids are unwell, and be sure to contact your local pediatrician if you have any questions or concerns. But by following these steps, you can help increase the chances that your family will stay healthy all year 'round. ➔

Website resources

NC Health & Human Services
<https://www.ncdhhs.gov/>

Snort. Sniffle. Sneeze.

No Antibiotics Please!

www.cdc.gov/getsmart/campaign-materials/brochures.html

Why antibiotics don't work for a cold or the flu.

Remind the kids (and yourself) to wash hands after:

- Coughing, sneezing or wiping noses, or rubbing eyes (which are connected to the upper respiratory system)
- Using the bathroom
- Changing a diaper
- Cleaning up after a sick child
- Handling pets
- Touching raw meat, chicken, fish or eggs (to avoid food poisoning)



Straight from the art!

You may have heard that it's important to encourage your child's creativity. But if you don't feel like a creative person yourself, this advice can be overwhelming! Fortunately, there are some easy ways to tap into your child's natural creativity and encourage their individual expression. The added bonus is that you could be pleasantly surprised to see your own creativity come to life in the process.



Art and other forms of creative expression are important to kids for a number of reasons. According to Dr. Matt Sanders, Triple P founder, when children are given opportunities to be creative, there are various psychological benefits.

"When children participate in the creative arts it promotes their language, social, and intellectual development," Dr. Sanders explains. "It is a very natural way for them to interpret and think about their world and to express themselves. But without encouragement, as children grow older they often have less confidence in their artistic abilities and may miss out on experiences and opportunities for development."

Across the state there are hundreds of talented instructors offering art, dance and music. The best way to find a class for your child is to start with your child's interest and then ask for recommendations from friends. But, really, creativity starts at home and part of the fun is playing a key role in your child's creative development.

There are some easy things you can do at home to make art accessible and develop your child's confidence. Start by setting up opportunities for expression. For example, keep art supplies handy, not somewhere hard to get to; display musical instruments in your living room (these can be toy instruments purchased at a

department store); and have a box of old dress-up clothes and inexpensive costume items in your child's room.

Watch for your child's natural interests and support them. Hang their drawings on the fridge, be an audience for their plays, and allow them to play music in the room with you.

Developing a creative home environment may mean you try many different ways to find what your children respond to and what works best for you. Visual arts isn't just drawing and painting. It also includes photography, sculpture, print-making, collage and more. Online resources offer a world of inspiration, but

also encourage your child to step away from the screen and fully experience the sensory aspect of different art forms.

Even without being an expert, you can create a nurturing environment of exploration and creativity—not just for your children, but for yourself as well.

As Dr. Matt Sanders says, "Above all, remember that creativity and the arts is as natural and vital to a child's development as the physical play that helps coordination and muscle development. You never know, you might even discover some of your very own creative interests in the process." 🌻

Discover what's art there

There are places all over North Carolina where you can take your child for art education.

The North Carolina Museum of Art in Raleigh will inspire your child. Outside the museum, you can visit the grounds and enjoy the walking trails. Inside, the museum hosts events for kids aged five and up throughout the year. Admission to the museum is free. Visit ncartmuseum.org for details.

Outside of Charlotte in Huntersville, *Discovery Place – Kids* will amaze everyone in your family. While admission is \$10 a person, the amount of activities at your fingertips is worth it. In this interactive museum there are live shows, messy art rooms, blocks to build castles, stages for children to perform plays, a fire engine to explore, and more. It's a great opportunity to see where newly-unleashed creativity can lead your family. Plan your visit at kids.discoveryplace.org/huntersville.

In the mountains, the Asheville Art Museum is the place to go. As well as many diverse family programs throughout the year, they have an area called The Art PLAYce, which offers hands-on kids' art activities. Visit www.ashevilleart.org/education/childrens-programs to learn more.



Encourage creativity

- Be involved and interested in what your child is doing.
- Keep small items and materials for art projects handy. It doesn't have to be paint: try chalk, food coloring and glue for collages. Friends or relatives might be able to donate old wrapping paper, fabric scraps and the like.
- Store art supplies where your child can get to them to set up their own activities, and try to have separate boxes for separate items. Encourage them to put things away in the right container to make everything easy to find next time.
- Be prepared for spills and mess—use old aprons or shirts and work in an area that can be easily and quickly cleaned up.
- Stuck for ideas? Find inspiration from websites, library books, or your local childcare center or kindergarten.
- Teach your child to look at the world the way an artist does: interesting shapes, lines and patterns are all around us but we don't always notice them.

8 Triple P in North Carolina

Parenting tips just a click away

Triple P Online and new Teen Triple P Online are now available at no cost to parents and caregivers in all of North Carolina's 100 counties.

Created especially to meet the needs of parents who are isolated or unable to attend regular parenting courses, Triple P Online and Teen Triple P Online introduce parents to a full range of Triple P's parenting strategies. The programs give parents simple ways to encourage positive behavior, prevent and manage misbehavior, and build stronger relationships.

"Triple P Online gives parents the freedom to complete a parenting course in their own time, at home or wherever they can access a computer. This convenience means every parent can get involved—no matter what their problem, how busy they are, or where they live," says clinical psychologist and Triple P author Dr. Matt Sanders.

Triple P Online is suitable for parents of children up to 12 years of age, while new Teen Triple P Online is for parents of

children of around 10 up to 16 years of age.

Triple P Online is made up of eight modules, and Teen Triple P Online has six. Each module takes between 30

minutes and an hour to finish, and is a lively mix of video clips, worksheets and activities. Dr. Sanders

appears throughout the sessions, acting as a user's personal, virtual provider. It's a new and interactive

way for parents to pick up the skills and knowledge so they know the best ways to

handle things like tantrums, arguments, and teaching new skills.

"We know that parents are looking for practical and simple solutions that work," says Dr. Sanders. "Giving families solid parenting information and support is the simplest way to reduce their distress and help prevent behavioral problems in children."

Usually parents complete around one

module per week, but because they have access to all modules for 12 months, everyone can move at their own pace. There are also optional podcasts, emails and text messages that recap sessions and goals. And a completion certificate, of course!

In clinical trials in Australia and New Zealand, parents using Triple P Online said they had less conflict with their partner, had fewer behavioral problems with their children, and felt more confident about managing behavior problems.

"Parents and caregivers can easily register to do these free online programs in NC by submitting a request on the web page," says Joan Crissey, manager of the NC Triple P Online programs. "And telephone and email support by trained Triple P providers is also available."

For more information and to get started with either Triple P Online or Teen Triple P Online, go to the Triple P website: www.triplep-parenting.com and look under the Find Help menu.



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 provider. For your nearest Triple P provider, see www.triplep-parenting.com

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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.com

On the website, you can find out more about different types of Triple P programs, under the **Find Help** menu tab. You can do group courses or see a provider one-on-one. In many areas there are programs for parents of teenagers as well as programs for parents of younger children. There are one-off sessions, pick and choose discussion topics, and ongoing courses. And there's also Triple P Online, and new Teen Triple P Online, available 24/7. Sign up on the website, where you can also use the **Find A Provider** map 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.

Below is a list of coordinators for the counties where Triple P sessions are available, sorted by region.

North West

Appalachian District
(Ashe, Alleghany and Watauga counties)
Jennifer Von Egidy
Appalachian District Health Department
Ph: 828-264-4995
jennifer.alexander@apphealth.com

Avery and Wilkes
Brandy Miller
Appalachian District Health Department
Ph: 828-264-4995
brandy.miller@apphealth.com

North

Durham and Alamance
Christian Adams, BSW, MSW
Durham County Department of Public Health
Ph: 919-560-7753
cadams@dconc.gov

Ellie Bila
Alamance County Health Department
Ph: 336-513-4761
mbila@dconc.gov

Johnesha Truesdale
Durham County Health Department
Ph: 919-560-8247
jtruesdale@dconc.gov

Wake
Ashley Lindsay
Project Enlightenment, Office of Early Learning
Ph: 919-508-0812
alindsay@wcpss.net

East

Beaufort, Greene, Hyde, Jones, Lenoir, and Pitt
Lynne Carter
Pitt County Health Department
Ph: 252-902-2353
lynne.carter@pittcountync.gov

Steve Roman
Lenoir-Greene Partnership for Children
Ph: 252-939-1200, extension 235
steve.roman@pittcountync.gov

Dare
Sara Sampson
Children & Youth Partnership for Dare County
Ph: 252-441-0614
familysupport@darekids.org

Central North East
Edgecombe and Nash
Cornelia Singletary
Down East Partnership for Children
Ph: 252-985-4300
csingletary@depc.org

Halifax, Northampton
Cassandra Faulcon
Halifax County Health Department
Ph: 252-583-5021, extension 277
faulconc@halifaxnc.com

Vance, Warren
Meredith Wester
Granville-Vance District Health Department
Ph: 919-690-2115
mwester@gvdhd.org

North East

Hertford, Martin, Tyrell, Washington, and Albermarle Region (Camden, Currituck Chowan, Bertie, Pasquotank, Perquimans Gates)
Rebecca Cook, Triple P Lead Coordinator
Albermarle Regional Health Services
Ph: 252-506-3722
rebecca.cook@arhs-nc.org

Kassandra Klus
Albermarle Regional Health Services
Ph: 252-340-4128
kassandra.klus@arhs-nc.org

South East

New Hanover
Beth Bowen
Smart Start of New Hanover County
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beth.bowen@newhanoverkids.org

Onslow
Stacie Huntington
Onslow County Partnership for Children
Ph: 910-333-0654
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South

Cabarrus
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Cabarrus Health Alliance
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Amy.Potoczny@CabarrusHealth.org

Catawba

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Catawba County Early Childhood Support Team
Ph: 828-69-6594 or -6565
jabernathy@catawbacountync.gov

Mecklenburg, Union
Gabriela Francisco
Mecklenburg County Public Health
Ph: 980-314-9596
gabriela.francisco@mecklenburgcountync.gov

Kathy Chavannes
Mecklenburg County Health Department
Ph: 980-314 9592
kaphleen.chavannes@mecklenburgcountync.gov

South West
Buncombe, Madison
Kimberly Siefert
Mountain Area Health Education Center
Ph: 828-707-5688
Kimberly.Siefert@mahec.net

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Mountain Area Health Education Center
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