

5

steps to positive parenting

There are so many opinions and theories about raising kids.
So how do you know what's best and what works?



Find out more about the five steps
to positive parenting



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Five steps to positive parenting

The Triple P – Positive Parenting Program has more than 35 years' research to back it up. These are Triple P's five steps to a happier family life.

1

Create a safe, interesting environment

Children need to play and explore their world so remove potential dangers from your home and teach basic safety. Provide plenty of interesting things for kids to do.

2

Have a positive learning environment

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

3

Use assertive discipline

Children do best in a predictable, stable environment so set clear rules and boundaries and follow through with appropriate consequences. Encourage behaviour you like with praise.

4

Have realistic expectations

Nobody's perfect – children or adults – so don't expect your child to do more than they're capable of. And remember, *all* parents make mistakes sometimes.

5

Take care of yourself as a parent

It's all about balance. You've got to look after your own needs too so make sure you're getting some support, time with friends, fun – and maybe even a little time to yourself!

To find out more:
www.triple-p-parenting.net.au/wa

Triple P provides simple ideas to help you raise confident, healthy children and build stronger family relationships.