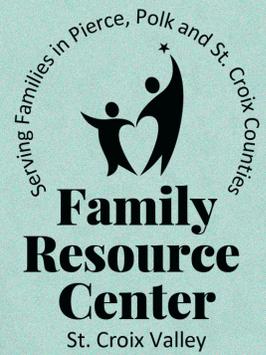


small changes, big differences.



TRIPLE P PRIMARY CARE

Triple P (Positive Parenting Program) is an evidence-based parenting program. Primary Care is a no-cost service provided by Family Resource Center St. Croix Valley. Triple P is used to answer common parenting questions to help parents make fast progress on behavioral problems and provide parenting tips and skills.

with a focus on

POSITIVE PARENTING

- Being a Parent
- Coping with Stress
- Balancing Work & Family
- Feeling Down after your baby arrives
- Home Safety
- Supporting your Partner
- Preparing your Child for a new Baby

INFANTS

- Promoting Development
- Sleep Patterns
- Crying and Settling
- Learning to Separate

TODDLERS

- Asking instead of whining
- Coping with frustration
- Developing bedtime routines
- Developing screentime routines
- Getting along with others
- Independent eating
- Learning to cooperate
- Learning to use the toilet
- Promoting language
- Sharing
- Walking without wandering

PRESCHOOLERS

- Cooperating with instructions
- Developing mealtime routines
- Express feelings without aggression
- Getting attention politely
- Going shopping
- Having visitors
- Healthy screentime routines
- Language and communication
- Managing nightmares
- Spending time apart
- Cleaning up
- Traveling in the car



No cost online Triple P
parenting courses

