

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 Vally. 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 Depressed after the Birth of your Baby
- Supporting your Partner
- Preparing your Child for a new Baby

INFANTS

- Promoting Development
- Sleep Patterns
- Crying
- Separation Anxiety

TODDLERS

- Bedtime Problems
- Disobedience 1
- Hurting Others
- Language
- Sharing
- Tantrums
- Whining
- Toilet Training
- Wandering
- Independent Eating

PRESCHOOLERS

- Disobedience 2
- Fighting and Aggression
- Mealtime Problems
- Having Visitors
- Going Shopping
- Cleaning Up
- Interrupting

SCHOOL AGED CHILDREN

- Fears
- Self-Esteem



No cost online Triple P
parenting courses



Family Resource Center

St. Croix Valley

Serving Families in Pierce, Polk and St. Croix Counties

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