

# Parents, stay positive!



Five steps to positive parenting

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



# Five 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? Triple P – Positive Parenting Program has 30 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, teach basic safety. Provide plenty of interesting things to keep kids busy.

## 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 behavior you like with lots of 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!

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

Triple P is brought to parents by the North Carolina Triple P State Learning Collaborative.