

# Triple P – Positive Parenting Program Newsletter for Parents

Because Children Don't Come with Instructions



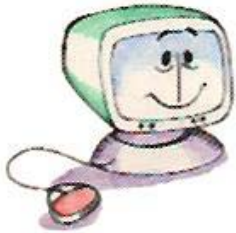
## Triple P: The Best Thing You Can Do For Your Child

As a parent you want to do the best thing you can for your children. The **Triple P - Positive Parenting Program** aims to make it easier for you to give your children the best by developing a positive, loving relationship with your children through encouragement, attention and good communication. As your child goes through this school year, **Triple P** offers these positive parenting tips:

### Disobedience

Most children disobey their parents sometimes, but frequent disobedience can be a problem. Here are some **Triple P** steps for handling disobedience:

1. Move close to your child and make eye contact
2. Clearly tell your child what to do
3. Give them 5-10 seconds to start doing as you asked
4. Praise your child for cooperating



## Triple P is Just a Click Away

Visit the Triple - Positive Parenting Program Web site at <http://tpinfo.sc.edu> to learn more about how Triple P can work for your family. You can watch online parenting seminars. You'll also find helpful parenting tips from Dr. Matthew Sanders, the founder of the Triple P - Positive Parenting Program.

### Homework Habits

Children are usually expected to spend time outside of school hours doing homework and it is important that parents help their children develop good study habits and routines. Here are some **Triple P** tips for getting homework done:

- ✓ Ask your child about their homework so you'll know what they need to complete their tasks.
- ✓ Have a set time for homework that fits in with your child's other commitments such as sports, club activities or music lessons.
- ✓ Homework should begin after your child has had a chance to relax after arriving home from school but before they are allowed to play or watch television.
- ✓ Have a well arranged homework area with clear table space that is well lit, and free from obvious distractions.
- ✓ Wait until your child asks for help before showing them how to work problems.
- ✓ Praise your child as they are completing their homework and again when they have finished.

To find Triple P – Positive Parenting Program providers in your county, and to join our mailing list to receive parenting tips by email, visit our Web site at:

<http://tpinfo.sc.edu>



*for every parent*