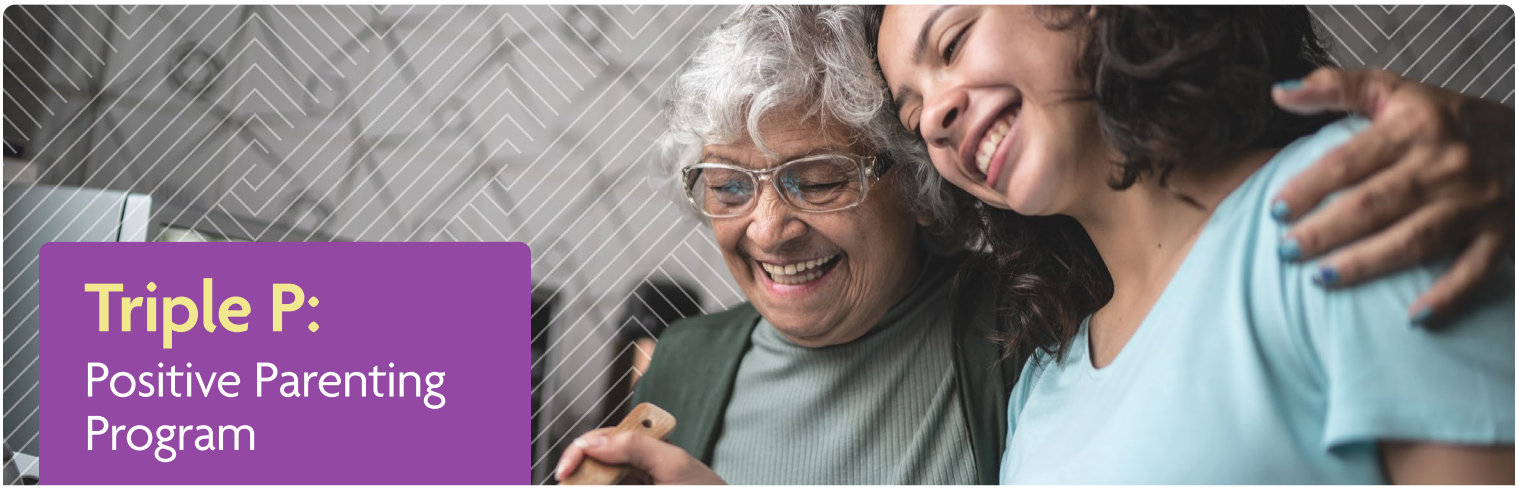

Triple P:
Positive Parenting Program

About the Service

Triple P is a parent-driven, solution-focused service that engages caregivers in learning different ways to safely manage challenging parenting situations. The program typically consists of 10 to 14 weekly sessions, lasting 50 to 90 minutes each. Additional sessions may be available for partner support, coping skills, or extra practice sessions to help families achieve their goals.

Who does this service benefit?

Parents, kinship families, adoptive families, and foster families with children ages 2 to 18 who are experiencing moderate to significant challenges with their child's behavior and who want to improve their relationship with their child.

Service Highlights

- Program promotes child development and parent-child relationships
- Helps increase confidence in caregiving
- Assesses biggest challenges as well as the strengths of parents and children
- Supports parent in identifying what is causing issues and what the outcome/goals are
- Teaches strategies that encourage positive behaviors and how to manage behavioral struggles
- Introduces a variety of positive parenting skills
- Opportunity to practice skills and strategies to develop effective parenting routines
- Create strategies for managing "high-risk" situations that many families find challenging
- Pathway sessions may include skills for avoiding common parenting traps and strategies for managing angry/stress feelings and understanding the role of anger/stress in parenting
- Participants develop goals for change

ASSISTANCE:

Up to $500 may be available to assist children and families with concrete goods when those goods support child safety, reduce risk of abuse or neglect, stabilize placement, or facilitate safe reunification.

Washington State Department of
CHILDREN, YOUTH & FAMILIES

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DCYF PUBLICATION PPS_0067 (07-2024)