

Parents, stay positive with the Triple P program

By CHELSEA MARANVILLE

Does this sound like you...

- “My five-year-old won’t pick up his toys.”
- “My toddler has frequent tantrums.”
- “My kids never listen to me.”
- “I feel like I’m constantly yelling.”
- “Parenting is fun but there are times when things don’t go as you would like.”

If only someone could give you some ideas to make those times easier! Well, Triple P can.

As a parent you face the same kinds of challenges as other moms and dads when it comes to raising children. In spite of those challenges, you want nothing more than to raise happy, successful children.

St. Anthony Hospital has been awarded a grant to implement the Triple P (Positive Parenting Program) in Umatilla County. With the partnership of Greater Oregon Behavioral Health, Inc., the Triple P program has trained over 50 practitioners to deliver parenting education to parents and caregivers of Umatilla County. There are always times when you could use a little help; we want parents to understand that’s normal. No parent is perfect and sometimes we need just a few strategies to deal with our children’s behavior.

Triple P’s positive parenting allows parents to decide what is important to them. It does not tell parents how to raise their children, but gives them the confidence and skills to build positive relationships with their child, set boundaries and rules, and follow up with consequences that are not harmful.

No single parenting program can meet the needs of all parents. That’s why the Triple P Program has been developed as a system, with a set of interventions, of increasing intensity. To ensure Triple P has “something for everyone,” each



level of the program can be delivered in many ways, including one-on-one consultations, small groups, large seminars, or online self-help. No other parenting program in the world has an evidence base more extensive than Triple P. Every parent has different needs, so whether you are looking for a few simple tips or more in-depth support to resolve a complex family issue, there is a Triple P program for you. These are offered in English or Spanish, with food and childcare available during parent consults in certain circumstances.

Here in Umatilla County, we

deliver Triple P seminars allowing parents to understand the power of positive parenting. Seminars are relaxed talks that tackle some of the most common family issues. You can do one, two, or all three in a series. You can choose from:

to prevent problems and how to calmly deal with these issues when you need to. Discussion groups are available on several topics: “Dealing with Disobedience,” “Managing Fighting and Aggression,” “Hassle Free Shopping,” and “Developing Good Bedtime Routines.”

If you prefer an individual consultation, Primary Care Triple P might be right for you. Primary Care is targeted help for parents of a child with mild to moderate behavioral difficulties. This can be a brief face-to-face or telephone call – typically you’ll have about four individual sessions of 15 and 30 minutes each.

Are you a parent of a child with severe behavioral difficulties? Standard Triple P can help! For parents who need intensive support, individual coaching delivered over 10 sessions

“The Power of Positive Parenting,” “Raising Competent, Confident Children,” or “Raising Resilient Children.” At the end of each seminar you will take home a tip sheet to remind you of all the great ideas you heard.

Triple P discussion groups are small group sessions, targeting a specific problem behavior or issue. Each can be taken as a stand-alone session or as part of a series. Discussion groups include DVD segments and cover suggestions about managing problem behavior and developing a personalized parenting plan. All groups discuss ways

is available.

Not sure where to start? Contact a Triple P coordinator to help you decide which Triple P course would work best for your family. You can call or text 541-969-4061 or take a peek online at www.tripleparenting.com/umatillacounty. We also have a Facebook page (Triple P Umatilla County) for tips and events near you.

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