

Being a parent involves caring for, protecting and nurturing your child; and this is a day-to-day 24/7 task. In talking with parents over many years, I've learnt that these skills don't always come easily or naturally. It takes time to develop the knowledge and skills needed to promote children's physical and emotional development. Some parents seem to know instinctively how to manage and encourage their children, while others struggle to understand them and to discipline when necessary. One program that aims to help parents understand and manage their children better is the *Triple P Program*. This is an evidence-based program in which trained professionals provide learning and support to parents directly. The aim is to learn good skills for discipline, rewarding and communicating with your child.

Each parent's approach is influenced by their own parents, their life experiences, the opinions of their relatives and friends and what they read and see in the media. There is no single correct way to be a parent. The best advice is to find the approach you feel comfortable with; but learning some good skills – such as those developed by the *Triple P Program* – can help.

If you or a friend is interested in learning more about the *Triple P Program*, information is available online (google *Triple P Program/Parenting*) or from your School Counsellor.

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