



Simply Halton

Your Halton Connection
December '06

All Parents Can Benefit from Additional Support

Halton Region works with many community partners to support families across the region. In fulfilment of its goal to provide leadership and coordination in community services, Halton Region offers a range of services including free parenting programs for residents.

One of these programs is Triple P (Positive Parenting Program), which is offered to parents of children one to 16 years of age.

If you have ever wanted to improve the relationship with your child or teenager, struggled with handling your child's behaviour or questioned if you were doing the right thing as a parent, you could benefit from support through Triple P.

Triple P helps parents manage their child's behaviour in a constructive and caring way, develop good communication and strong relationships with their children, and learn positive parenting skills that may be applied to a broad range of parenting situations. The program is delivered by accredited Triple P practitioners.

Children who grow up with positive parenting are more likely to feel good about themselves and develop to their full potential.



Sign language interpretation is available upon request.

Triple P can support parents in the following ways:

Telephone: Call Halton Region for information and advice from a Public Health Nurse Monday to Friday, 8:30 a.m. to 4:30 p.m.

Face-to-face meetings: Practical advice and skill-building sessions related to your specific issues and concerns.

Seminars: Large group education sessions are held at the Halton Regional Centre, at schools, child care centres and other community settings.

Small group series: A small group, eight-session series for parents dealing with more than one parenting issue.

Here are some stories shared by parents who have benefited from Triple P:

"I was concerned about my daughter starting school as she didn't make friends easily and wouldn't leave my side when we went to drop-in programs. Going to the Triple P seminars really helped us by providing some strategies to help her look forward to starting school." – Triple P seminar participant

"Last year my son was displaying arrogant and insolent behaviour. He was talking back and refusing to cooperate. Triple P parenting helped greatly by giving me the tools to dialogue with my son. Together we created a three-part check system for everything we say to one another; it must be Polite, Planned and Pleasant. There is significant improvement in his attitude and in our relationship." – Triple P seminar participant

For more information, please contact Halton Region.

Halton Meetings & Events

December Meetings at Regional Headquarters

Wednesday, December 6	10:00 a.m. Inaugural Meeting of Regional Council
Tuesday, December 12	9:30 a.m. Health & Social Services Committee
Wednesday, December 13	9:30 a.m. Planning & Public Works Committee 1:30 p.m. Administration & Finance Committee
Wednesday, December 20	9:30 a.m. Regional Council Meeting
December 25 - 29	Offices closed for Holidays

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We welcome your feedback. Contact Access Halton at accesshalton@halton.ca
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