

PARENTING

Parents should learn about ear infections

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Special pullout section



Marie Jakubowski is a public health nurse involved in Halton Region's Triple P—Positive Parenting Program which aims to promote stable and supportive family relationships and help parents deal positively with their child's problem behaviour.

Photo by Liesa Kortmann

To help parents deal with problems when they arise Region offers Triple P— Positive Parenting Program

MELANIE HENNESSEY
Special to The IFP

For many adults, parenting can be one of the most challenging tasks they ever take on. And since kids don't come with a manual, where does one turn when what seems like an insurmountable problem arises?

Enter Triple P— the Positive Parenting Program—

being offered for free by Halton Region that aims to promote stable and supportive family relationships and help parents deal positively with their child's problem behaviour.

"Parents already have a lot of parenting strategies that are positive," said Isobel Culliton, a public health nurse with the child health program. "We encourage them to use those strategies and also look at them in another way."

The program offers everything from support over the

phone to seminars and small group series to one-on-one meetings with public health nurses who've received Triple P accreditation.

The latter involves a series of four sessions through which parents are able to develop a plan to deal with a situation, such as rudeness and disrespect from their child, and then go home and put into action.

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