

Parents should commit to learning new strategies through Triple P program

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"The program does have an expectation that parents are committed to learning new strategies," said Marie Jakubowski, a public health nurse with the youth health program.

The last two sessions in the series provide a chance to review how things went at home and determine what worked well, what didn't and what could be done differently.

"If they're progressing well, they can add another strategy," said Jakubowski.

At the group seminar level, Jakubowski indicated that parents who attend are coming away with more than just information from the Triple P program.

"Parents who come find it a relief that there are other parents out there with the same issues," she said. "We have to normalize that a lot of parents are having the same issues."

Since Jakubowski deals with the teen section of the program, she said she commonly sees relief in parents when they realize they don't have to try to change their teen's behaviour.

"In Triple P, parents learn new strategies— that is their control," she said.

At the toddler and preschooler level, Culliton said parents are also happy to realize they're not alone in the chal-

lenges they're facing.

"They're also surprised that these resources for them are out there," she said.

One local woman who benefited from Triple P's resources is Irene Marsi, a Milton mom who was having a hard time toilet training her three-and-a-half year old daughter.

After going through the one-on-one series of sessions, she achieved success.

"I liked their philosophies and how we worked out a timeline together," she said. "You always felt like you were making progress."

Marsi said she also appreciated how she was given direction through the program, not simply told, "This is what you should do."

"I thought it was a really good collaboration of their knowledge and parents' instincts," she said. "I liked their respect for the children and their messages on teaching through positive reinforcement."

In addition to the aforementioned seminars, the Region is also now offering Triple P seminar sessions in the workplace.

Triple P originated in Australia and has been offered in Halton since 2004.

For more information visit www.halton.ca/scs/ChildrensHealth/tripleP.htm or call 905-825-6000.



Marie Jakubowski, a Halton Region public health nurse, displays some of the materials she incorporates into the Triple P— Positive Parenting Program, offered by Halton Region. Photo by Liesa Kortmann

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