



**New Behavioral  
Network-Delaware Inc.**

## Triple P Program

### Principles of Positive Parenting

#### Safe and Engaging Environment

A protective environment that is safe, supervised, and provides opportunities to explore, play, and learn promotes health child development at all ages.

#### Positive Learning Environment

This principle involves teaching parents to be their children's first teacher. This means that parents must learn to respond to their children's requests in a positive and constructive manner while also helping them learn to solve problems on their own.

#### Assertive Discipline

The program teaches parents how to change from using ineffective and coercive discipline such as physical punishment, shouting, and threatening to use effective strategies in specific situations. Effective strategies include selecting ground rules for specific situations, discussing rules with children, giving clear, calm, and age-appropriate directions and requests, presenting logical consequences, using quiet time and time out, and using planned ignoring.

#### Realistic Expectations

This helps parents change expectations and goals for child behavior to be developmentally appropriate for the child and realistic for the parent. Parents who have more realistic expectations of this child's capabilities are less likely to engage in child abuse or child neglect.

#### Parental Self-Care

This principle aims at teaching parents practical skills so that they may view parenting as part of a larger context related to self-care, resourcefulness, and well-being and maintain a sense of self-esteem.



**Increases the knowledge, skills, and confidence of parents and helps reduce the prevalence of mental health, emotional, and behavioral problems in children and adolescents.**

### Skills you will learn:

- Self-sufficiency and responsibility
- Self confidence
- Self-caring
- Parenting skills
- Problem solving skills
- Relationship skills

**8 or 10 Week Evidence  
Based Curriculum**

**Day or Evening Courses**

**Group or Individual  
Classes in New Castle,  
Kent, and Sussex Counties**

**New Classes Start Monthly**

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