

## What does Triple P do?

Makes you feel confident you're doing the right thing.  
Gives you strategies you can use at home straight away.

## How does Triple P work?

Choose anything from one off consultations to public seminars, group courses to one-to-one sessions within your own home.

There is no single right way to be a parent, but Triple P offers information, support and practical answers to everyday parenting concerns.

## Further Information

For more information on Triple P, please contact:

Supporting Families Team  
Southbank House  
Strathkelvin Place  
Kirkintilloch  
G66 1XQ

Telephone Number:  
0300 123 4510

### Other formats

This document can be provided in large print, Braille or on CD and can be translated into other community languages. Please contact the Council's Corporate Communications Team at:

East Dunbartonshire Council, 12 Strathkelvin Place, Southbank,  
Kirkintilloch, G66 1TJ Tel: 0300 123 4510

本文件可按要求翻譯成中文，如有此需要，請電 0300 123 4510。

اس دستاویز کا ترجمہ کرنے پر (اردو) کریاں میں ترجمہ کر کیا جا سکتا ہے۔ براہ مہربانی فون نمبر 0300 123 4510 پر رابطہ کریں۔

ਇਸ ਦਸਤਾਵੇਜ਼ ਦਾ ਸੰਗ ਕਰਨ ਤੇ ਪੰਜਾਬੀ ਵਿੱਚ ਅਨੁਵਾਦ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ। ਕਿਰਪਾ ਕਰਕੇ 0300 123 4510 ਫੋਨ ਕਰੋ।

Gabhadh an sgrìobhainn seo cur gu Gàidhlig ma tha sin a dhìth oirbh. Cuiribh fòn gu 0300 123 4510

अनुप्राय करने पर यह दस्तावेज हिन्दी में भाषांतरित किया जा सकता है। कृपया 0300 123 4510 पर फोन कीजिए।



*for every parent*

**Triple P - For Every Parent**

**Supporting parents  
with children from birth  
to 16 years**

# Triple P – For Every Parent

*“Take the guesswork  
out of parenting”*

**B**eing a parent is not always easy so when it comes to parenting, how do you know what's best and what works? East Dunbartonshire's Supporting Families Team is taking the guesswork out of parenting, by supporting parents and carers across the area with the **Triple P – Positive Parenting Programme**.

Triple P is one of the few parenting programmes in the world that is clinically evidence based and proven to work. Over more than 30 years Triple P internationally has helped thousands of families deal with issues ranging from temper tantrums to disobedience, bedtime dramas to homework battles and teenage rebellion.

So you can be sure that whatever your parenting needs, no matter how simple or how complex, Triple P can help.

## What is Triple P?

Triple P is a toolbox of solutions for parents. You choose the strategies you need. You choose the time and place. It's all about making Triple P work for you and your family.

## Here's what some parents think about the Triple P Programme:

*“Our home is now a calmer place and our precious time together as a family is more enjoyable, it was like a light switched on in a dark room.”*

*“It has benefited everyone in our family, relationships have greatly improved and how we treat each other.”*

*“It has made me more confident  
in my role as a dad.”*



*for every parent*