Family Transitions Triple P

The Triple P – Positive Parenting Program® knows all parents have different needs. That's why Triple P has many different ways for you to get your parenting help. So you can choose what suits you and your family best.

Who is this for?

Parents who are divorced or separated (with children and/or teenagers)

Triple P can help you

- encourage behaviour you like
- deal with problem behaviour
- become confident as a parent
- be realistic about parenting
- take care of yourself

Is this you?

You're divorced or separated. Your child is caught in the middle. You may have problems with your extended family, your new partner or your ex. Holidays and birthday cause arguments. You may be concerned about your finances. And you're worried about the impact this is all having on your child's behaviour and emotions. If this sounds familiar, Family Transitions Triple P can help.

What is Family Transitions Triple P?

Family Transitions is a group parenting programme for divorced or separated parents. It gives you new ways to help protect your child – and yourself – from the fallout from a family split.

What happens at Family Transitions Triple P?

At Family Transitions sessions, you meet other parents going through many of the problems that come with divorce or separation. Your Family Transitions Triple P provider will give you new ideas, techniques and strategies to help you through the day-to-day dramas and ongoing trauma of your situation. These ideas can help you cope with stress, anger and change, resolve conflict, and communicate better with your ex.

Throughout the sessions, you'll also watch the *Family Transitions* DVD, which shows how other parents have used the ideas to help their families. And you'll also receive the Family Transitions Workbook to support you as you put your new ideas into practice.

How long does it take?

There are five weekly sessions of two hours each. After the five sessions, it's recommended you also do a Group or Standard Triple P programme. This will give you a broader range of positive parenting ideas that can help you calmly manage other behaviour and parenting issues in the home. When you're finished, you'll feel confident you're doing everything you can for your child.

Does my ex-partner need to attend with me?

No. Family Transitions is not a mediation programme so you should attend on your own or, if you want support, with your new partner. If your ex-partner wants to do Family Transitions, you should attend separate groups.