

Engelse vertaling uit het Nederlands van:
'Vragen over opvoeden? Triple P helpt je verder!'

Questions about parenting? Triple P can help!

Of course all children are little darlings! But every mother or father knows that bringing them up is not always easy.

As a parent you usually know how to react, but there are probably times when you have doubts. You ask yourself questions and you feel less confident. Triple P can help you at those moments.

Examples:

- *Marie is two years old and regularly throws a tantrum. If she doesn't get her own way, she breaks her toys. You don't know how best to respond.*
- *Kenny is eighteen months old and wakes up several times at night. You are tired and your patience is being tried.*

Advice on parenting problems

Standard personal advice consists of four consultations of 30 to 45 minutes each. Your child's behaviour is examined more closely in the first consultation. In later sessions you will learn how to manage your child's problematical behaviour and how to stimulate the child's development. You will practise skills with a member of the regional team and watch a DVD with real-life situations.

You will be given an information sheet about your question and the 'Positief Ouderschap' ('Positive Parenting') brochure.

This explains more about Triple P and parenting strategies.

You will be asked to fill in worksheets at home to keep track of changes in behaviour. These will be discussed during the consultations.

Parents with children up to 3 years old who are concerned about the behaviour and/or the development of their child and want personal advice and training are welcome. It is best if both partners attend.

This service provided by Kind en Gezin is also free of charge.

Would you like more information about Triple P or would you like to make an appointment right away?

Then contact Kind en Gezin.

Kind en Gezin

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