



Support for resilience and coping skills

# makes family life less stressful and more enjoyable!

**Children's and teenagers' emotional wellbeing, especially in challenging times, is better when whānau can get the right support! Now all Kiwi families have free access to support that helps improve resilience and emotional wellbeing for our tamariki.**

The Triple P – Positive Parenting Program® helps with:

Child or teen anxiety | Helping kids achieve their goals | Coping with parenting stress

## Positive change is possible, and you can start right now – it's free!

There are 3 free Triple P Online programmes available at no cost, throughout Aotearoa. Choose what works for you, to give kids key life skills and help everyone stay calm and positive.

- Interactive, easy-to-use online programmes with videos and activities and a downloadable workbook
- Each module only takes about an hour or less, and you can do just a few minutes at a time
- Positive caregiving during COVID-19 and beyond ('Parenting in Uncertain Times' module included)
- Choose a programme and do it at your pace, and at your place!

### FEAR-LESS TRIPLE P ONLINE

**For parents/caregivers of kids (6-14 years) who are often anxious**

- Develop a better understanding of anxiety and fear and what can be done about it
- Understand what's within your control to change
- Proven principles to help children develop their own toolkit of coping skills to overcome anxiety
- Know what to do when a child is anxious or upset

6 modules

### TRIPLE P ONLINE

**For parents/caregivers of younger kids, up to 12 years**

- Feel confident you're able to handle each new age and stage and situation
- Know how to address child behaviours, promote new skills and help emotional self-regulation
- Improve relationships
- Raise happier, more confident and capable tamariki
- Enjoy family life more!

8 modules

### TEEN TRIPLE P ONLINE

**For parents/caregivers of 'tweens' or teenagers – 10-16 years**

- Create the best environment for the development of teens
- Know how to address behaviours, promote new skills and help emotional self-regulation
- Raise more self-reliant, happier rangatahi
- Build better relationships and communication!

6 modules

**START YOUR FREE PROGRAMME TODAY**

[www.triplep-parenting.net.nz](http://www.triplep-parenting.net.nz)

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