

# SUPPORT YOUR CHILD'S OR TEEN'S COPING SKILLS



**FREE**  
**IN CENTRAL**  
**& EASTERN**  
**SYDNEY**

## ...And make family life less stressful and more enjoyable!

### **Support your child's or teenager's emotional wellbeing (and improve yours, too!)**

A positive environment can make a huge difference to your child's or teenager's development and wellbeing. And that can have a far-reaching impact on their life, and yours.

### **Make a positive difference with Triple P Online/Teen Triple P Online**

These are online versions of the Triple P – Positive Parenting Program - the Australian program that's now world-famous! Get proven tips and ideas to bring out the best in children and teenagers. The online program features videos and fun, interactive learning. You do it at your own pace on your phone, computer or tablet, so it's super convenient and right now, it's free!

### **Helping you to help your child or teenager**

**Discover what's within your control to change and influence to support your child's or teenager's wellbeing. Triple P empowers you to:**

- ◆ Cope with the stress of COVID-19
- ◆ Create the best environment for your child's or teenager's development
- ◆ Promote new skills and help emotional self-regulation
- ◆ Manage problems calmly and without yelling
- ◆ Improve your relationship with your child or teenager
- ◆ Make family life more enjoyable for everyone!

### **FREE Triple P Online or Teen Triple P Online**

Triple P Online is supported by funding from Central and Eastern Sydney PHN through the Australian Government's PHN Program.

*Online programs also available in other languages.*

### **FIND OUT MORE:**

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

