Kids Don’t Come with an Instruction Manual

There is no hard-and-fast rule book for raising children, but it’s surprising how many familiar parenting problems have very simple solutions.

From infants’ sleeping difficulty to toddler tantrums; fighting with a teenager’s defiance; even the struggle to set up healthy eating patterns or regular homework routines – these issues you face are probably not unique to your family. In fact, they’re probably commonplace. That’s why Triple P can help!

Triple P is one of the few parenting programs in the world that’s based on evidence from clinical research. For more than 30 years, Triple P’s easy-to-understand and practical strategies have shown to help families in all types of situations.

Parents can choose from tip sheets, one-on-one sessions, or seminars to arm themselves with the tools to make parenting a little less ‘trial and error’.

And because Triple P works in the majority of cases, Triple P has the seal of approval of parents, practitioners, and experts internationally.

We look forward to helping you.

Accredited Triple P Providers at Quantico, VA through the Quantico Family Advocacy Program

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Triple P Parenting Webpage
www.triplep-parenting.net

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Brief Primary Care/Tip Sheets

Brief Primary Care provides brief informational support guided by a planning tip sheet. Sessions are about 10 minutes. Topics include:

**General Topics**
- Being a parent
- Coping with stress
- Feeling depressed after the birth of your baby
- Home safety
- Preparing your child for a new baby
- Supporting your partner
- Balancing work and family

**Infant Topics**
- Crying
- Promoting development
- Separation anxiety
- Sleep patterns

**Toddler Topics**
- Bedtime problems
- Disobedience
- Hurting others
- Independent eating
- Language
- Sharing
- Tantrums
- Toilet training
- Wandering
- Whining

**Preschool Topics**
- Disobedience
- Fighting and aggression
- Going shopping
- Having visitors
- Interrupting
- Mealtime problems
- Nightmares and night terrors
- Separation problems
- Tidying up
- Traveling in the car

**Primary topics**
- Bedwetting
- Behavior at school
- Being bullied
- Chores
- Fears
- Homework
- Lying
- Self-esteem
- Stealing
- Swearing
- Creativity
- Sports
- ADHD

**Teen Topics**
- Smoking
- Truancy
- Sexual behavior and dating
- Fads and fashion
- Eating habits
- Rudeness and disrespect
- Coping with anxiety
- Coping with depression
- Taking drugs
- Money and work
- Friend and peer relationships

**Selected Seminar Triple P**

Universal parenting support. Can be delivered in a small group (less than 15) or large group format. Ideal for unit training, parenting groups, schools, and other community resource centers. Each seminar is 90 minutes in length.

**Seminar 1**: The Power of Positive Parenting
**Seminar 2**: Confident, Competent Children
**Seminar 3**: Raising Resilient Children

**Selected Seminar Teen Triple P**

**Seminar 1**: Rearing Responsible Teenagers
**Seminar 2**: Rearing Capable Teenagers
**Seminar 3**: Getting Teenagers Connected