

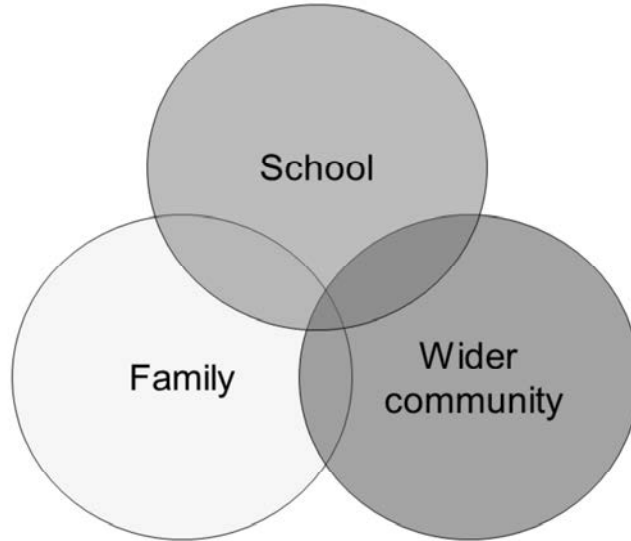
Resiliency in Children

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CECMH
Ottawa
April 2016



Resiliency



What is Triple P



- It is a family support strategy for parents and caregivers.
- It encourages parents to develop simple and practical strategies to help them confidently manage the behaviour of their child or adolescent.
- It seeks to reduce the prevalence of behavioural and emotional problems in children and teens.

Self Regulatory Framework

Self Sufficiency - independence

- Encouraging independent problem-solving
- Promoting generalization of parenting skills across settings

Self Efficacy – believing you have the capacity

- Increase belief in capacity to enact desired skill or behaviour.
- Increase belief in capacity to refrain from negative or harmful behaviours.

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Self Regulatory Framework

Self Management - empowerment

- Self determination of goals.
- Self monitoring of desired and unwanted behaviour.

Personal Agency – accepting responsibility for own actions

- Changing attributions for child's behaviour
- Changing attributions for their own behaviour and cognition

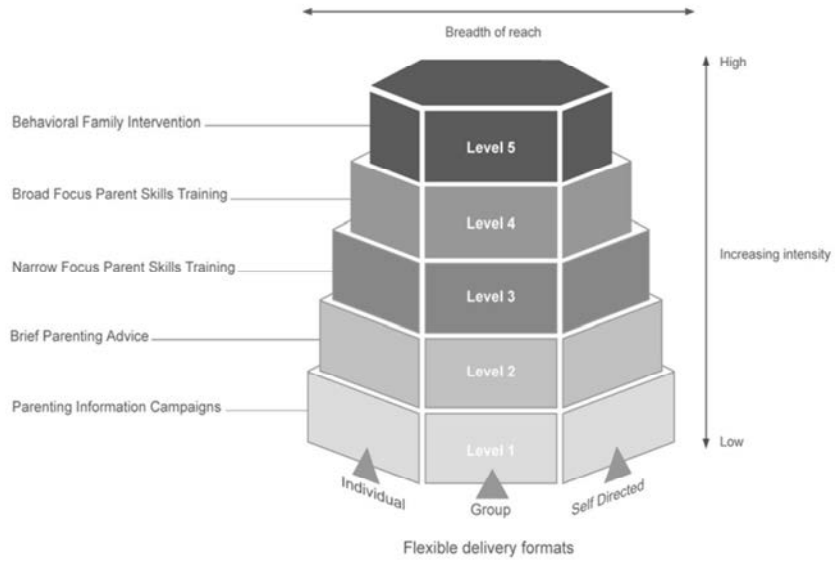
Problem solving – adaptability

- Adapt to new and different situations
- Resolve family challenges over time

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The Triple P System



Level 1 – Parent Information Campaigns



MY
tripleP.ca

Triple P: Positive Parenting Program
Because your child didn't come with an instruction manual...
www.MYtripleP.ca
info@mytriplep.ca
1 844 362-8593

HEALTHY FAMILIES COALITION of Eastern Ontario
COALITION MÉLIÉ-TRIE DES FAMILLES de l'Ontario

START YOUR TRIPLE P TODAY!
www.MYtripleP.ca

Level 2 – Brief Parenting Advice



Level 3 – Narrow Focus Parent Skills Training



Level 4 - Broad Focus Parent Skills Training



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Level 5- Behavioural Family Intervention



Group Discussion

5 Principles of Positive Parenting

1. Ensuring a safe, engaging environment
2. Creating a positive learning environment
3. Using assertive discipline
4. Having realistic expectations
5. Taking care of yourself

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Triple P International

Parents,
stay positive!

SEARCH SITE: AAA
Markham
Change location



[Triple P](#) [Positive Parenting](#) [Get Help](#) [Contact](#)

Home



Triple P Takes the guesswork out of parenting

When it comes to raising kids and teenagers, everyone has an opinion. There are so many ideas out there. So how do you know what's best and what works? The Triple P - Positive Parenting Program takes the guesswork out of parenting. It is one of the few parenting programs in the world with evidence to show it works for most families.

Triple P gives parents simple tips to help manage the big and small problems of family life. Problems like toddler tantrums or teenage rebellion, Self-esteem issues, Bedtime battles, Disobedience, Aggression. Triple P can help you deal with them all - and more!



DO TRIPLE P
ONLINE NOW



Is this you?

Raising a teenager is generally okay, but you could use some tips and ideas to help deal with one specific issue.



What's news

relying more than ever before on their own parents (their ...

SEP 25, 2015
Pro-social behaviour = brighter future

Researchers who followed a group of children over a 20-year period have confirmed ...

AUG 26, 2015

Let's talk about...

...single parenting

Is it tougher to go it alone?

Triple P in Canada



Triple P Ontario

The screenshot shows the homepage of the Triple P Ontario website. At the top, there is a navigation bar with links for Home, About Triple P, FAQ's, Related Links, and Contact Us. A search bar is located in the top right corner. The main header features the Triple P logo with the tagline "for every parent" and a navigation menu with "Practitioner Login" and "Tools & Login".

The central banner image shows a baby sleeping peacefully. Overlaid on the image is the text: "Last night, Jack's little angel finally slept like one." Below this, a quote reads: "With Triple P's help, I learned about Daniel's normal sleep patterns. Knowing what to expect helped my wife and I manage the changes in our own sleep." The quote is attributed to "Heath, 2009".

Below the banner, there is a "Welcome to Triple P Ontario" section. The text reads: "Triple P Ontario. Parenting is very rewarding and enjoyable. It is also often challenging, frustrating and exhausting. Parents have the important role of raising the next generation, yet most people begin parenting not prepared for what lies ahead. There is no 'right' way of raising healthy, well adjusted children. It is up to you as a parent to decide which values, skills, and behaviours you want to encourage in your child and to develop your own approach to dealing with your child's behaviour. Triple P is helpful for many parents, making parenting easier and more enjoyable."

To the right of the welcome text, there is a section for "Conference flyer (2)" titled "Triple P Ontario Conference 2015". Below this, there are three small images of people and the text "Real Parent Stories".

Lanark, Leeds & Grenville



for every parent

*Real Solutions,
for Real Parents*

To access Triple P parenting support :
call 1-800-660-5853 or visit Triplepontario.ca

We are proud to bring this program to parents in Leeds & Grenville and Lanark Counties

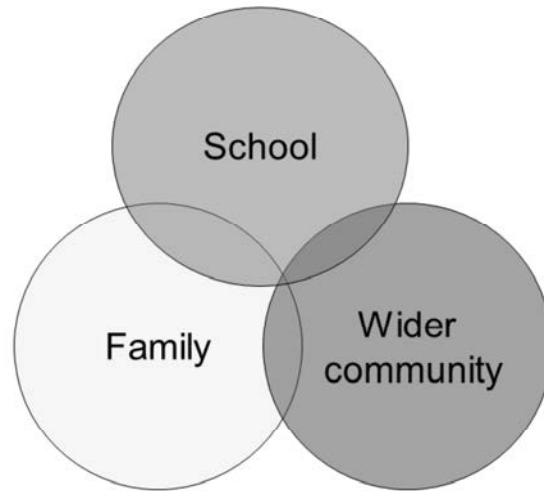


Every Kid
in Our Communities
OF LEEDS & GRENVILLE

SDG and Prescott-Russell

The screenshot displays the mytripleP.ca website interface. At the top, there is a navigation bar with the mytripleP.ca logo, a "People" link, a "Sign In/Logout" button, and a "GETTING STARTED" button with a play icon. Below the navigation bar are links for "Why Triple P", "How it Works", and "Calendar". A sub-header reads "For SDG, the City of Cornwall, Prescott-Russell, and Altonville". The main content area features a video player with a woman's face and the text "Triple P worked for me. Hear how." and the mytripleP.ca logo. Below the video player are three tabs: "Why Triple P", "How it Works", and "Getting Started". To the right of the video player is a grey box containing contact information: "1-844-362-8593", "info@mytriplep.ca", "www.mytriplep.ca", and "www.montriplep.ca". At the bottom of the page, there are logos for "HEALTHY FAMILIES COALITION of Eastern Ontario" and "COALITION MIEUX-ETRE DES FAMILLES de l'Est ontarien", along with the mytripleP.ca logo.

Building Resiliency in Children



Questions?



Thank you!