

Children don't come with an instruction manual!

As we all know, children don't come with an instruction manual, so chances are you're looking for practical help with some common parenting problems such as:

- infant's sleep-patterns or persistent crying
- toddler tantrums
- mealtime mayhem
- fighting and aggression
- a young teenager's defiance

Or there might be no problem at all. You might be thinking about how to best support your child as he or she starts school, to set a homework pattern, to encourage healthy eating or set a bedtime routine. And if you're "expecting", it's never too early to learn what to expect!

Whatever your parenting need, no matter how simple or complex, Triple P has the information, tip sheet, book, DVD, seminar, course or practitioner to help you.

As one of the few evidence-based parenting programs available worldwide, with over 25 years of proven clinical research to back it up, you can be sure Triple P works for the majority of families.

Triple P has helped thousands of families and has the seal of approval of parents, practitioners and experts, worldwide.

We look forward to hearing from you!

"Get The EDGE"

From Parents:

"Thank you for giving me other ways to deal with problem behaviour instead of screaming at the kids and getting nowhere."

"I am very impressed by the whole program. It is easy to follow and doesn't make you feel like a failure parent."

"It has helped me see that not all the problems were my son's behaviour, but how I dealt with them. The biggest changes come in my own behaviour."

"Excellent. Has helped my husband and I to work together with the same treatment for the kids from both of us."

"We didn't have any major problems. I just wanted some tips and strategies and Triple P was great. So easy to use."



For more information or to register for an upcoming program contact us:

Chestermere location
105 Marina Road
(403) 207-7090

Strathmore location
Bay I, 510, Highway 1
(403) 983-0016

www.cscommunitycurrents.com

The **EDGE** on parenting

Parenting now comes with a manual!



For Every Parent

The three *P*'s in Triple P stand for
Positive Parenting Program

Triple P helps you understand the way your family works, and uses the things you already think, feel, say and do in new ways that nurture relationships, parenting skills and confidence, as well as supporting your wellbeing.

Triple P *EDGE* helps you:

- Create a stable, supportive and harmonious family environment
- Teach your children the skills they need to get along with others
- Deal positively, consistently and decisively with problem behaviour should it arise
- Encourage positive behaviours
- Develop realistic expectations of your children and yourself
- Take care of yourself as a parent



How can I get The EDGE ?

Seminars

- ◆ Give a general over view of what Triple P *EDGE* is all about and the parenting strategies offered for families with children 0-8 yrs and 9-14yrs

Group Session

- ◆ Is for you if you feel that your child's behaviour is unmanageable and want in depth guidance on positive parenting skills

Quick Tips

- ◆ Quick 10- 20 minute session
- ◆ Address common behavioural difficulties such as bed time issues
- ◆ *The EDGE* newsletter
- ◆ Available for 0-14 yrs

Personal Consultation

- ◆ Is for you if you have specific parenting issues and want help learning strategies and how to apply them using an individualized family plan



I just want to know if I'm doing the right thing

There is often a high level of stress involved in parenting, with confusion and misinformation coming from every direction. Triple P cuts through that confusion and gives you clear and simple strategies to turn problems around and also to prevent problems from developing in the first place.

- * Imagine being able to spend all that time and energy you usually devote to sorting out children's behaviour problems on something enjoyable
- * Imagine having an organized, orderly family routine with ground rules that everyone knows and follows
- * Imagine being able to balance work and family without constant stress and worry
- * Imagine being confident that your parenting is giving your children the best start in life