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PALM BEACH COUNTY, FL

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INFORMATION  
ONLY

**TO:** All Principals and Guidance Counselors  
**FROM:** Janis Andrews, Ed.D, Chief Academic Officer *JA*  
**SUBJECT:** PARENTING RESOURCES – CHILDREN'S SERVICES COUNCIL

The Children's Services Council of Palm Beach County provides a special program focusing on parenting and family support interventions. The program, entitled *Triple P (Positive Parenting Program)*, is available to all parents at no charge. Triple P assists parents with everyday challenges in child-rearing, including strategies for children who may be at risk for behavior or emotional problems. The program is a great referral source to be shared with parents who may be experiencing challenging child behaviors. Free seminars are available to parents at community locations and can be offered at any school site that is interested. Refer to the attachments for additional information regarding the overview of the program, seminars, and the list of participating agencies.

This information is to be shared with key school staff that work closely with parents and students who may benefit from this program. Feel free to duplicate the attachments as needed. Parents may register for upcoming parenting seminars by accessing <http://www.cscpb.org/events>.

EWG/JA/KO/DB/AB:mlj/ms  
Attachments

Approved:   
E. Wayne Gent, Superintendent





# Triple P Positive Parenting Program®

a unique, multi-level evidence-based system of parenting and family support

## OVERVIEW OF TRIPLE P

The Triple P – Positive Parenting Program® is a multi-level system of parenting and family support interventions of varying intensities and formats. The core programs, which were designed for parents of children from birth to 12, have been extended to include parents of adolescents. Based on over 30 years of research, Triple P was developed by Professor Matt Sanders and colleagues at the University of Queensland, and is now being disseminated in over 25 countries in North America, Europe, Australia, and parts of Asia. Triple P draws from several theoretical perspectives including social learning, applied behavior analysis, developmental research on parenting in everyday contexts, social information processing, developmental psychopathology and resilience, and public health. The overarching aims of Triple P are:

- To promote the independence and health of families through the enhancement of parents' knowledge, skills, and confidence
- To promote the development of non-violent, protective, and nurturing environments for children
- To promote the development, growth, health, and social competence of young children in particular
- To reduce the incidence of child abuse, behavioral and emotional problems in childhood and adolescence, delinquency and substance abuse, and academic failure
- To enhance the competence, resourcefulness, and self-sufficiency of parents in raising their children

### UNIQUE FEATURES OF TRIPLE P

The Triple P strategy recognizes that all families are different and will need varied types, intensities, and modes of assistance.

The system targets five different developmental periods from infancy to adolescence.

Depending on the needs of the community or family, Triple P can be very broad (working with an entire population) or quite narrow (working exclusively with high-risk families).

The Triple P system is designed to maximize efficiency, contain costs, and ensure that the program has wide reach in the community.

Triple P aims to provide the minimally sufficient level of support parents require to enable them to independently manage a problem or set of problems.

Triple P enables parents to receive parenting support in the most cost-effective way possible, tailoring the programming to meet the identified risk and protective factors of each family.

### EVIDENCE BASE

Triple P has accrued a strong evidence base with many randomized clinical trials (efficacy and effectiveness studies) as well as a number of field evaluations and dissemination studies.

For more details about individual studies go to:  
[http://www.pfsc.uq.au/publications/evidence\\_base.html](http://www.pfsc.uq.au/publications/evidence_base.html)

### WHO IS TRIPLE P FOR?

Triple P is for a broad range of families including:

- Parents facing common everyday challenges in child-rearing
- Parents of children who might be at risk of developing behavioral or emotional problems
- Parents of children who are already showing behavioral or emotional problems
- Parents dealing with behavioral difficulties of children with developmental disabilities
- Parents at risk of child maltreatment

### HOW IS TRIPLE P DIFFERENT?

Triple P is a system of interventions consisting of five different levels, not an individual program. Triple P uses a self-regulatory framework that enables parents to become confident, competent, resourceful, and to independently solve problems. Parents are taught strategies for promoting relationships with their children, encouraging desirable behavior, teaching children new skills and behaviors, and managing children's behaviors. Parents determine their own goals, choose the strategies that will work for them, and the program is customized to meet parent's aspirations.



Triple P is a program funded by  
**Children's Services Council**

For more information about Triple P in Palm Beach County call Tina Hallyburton at 561-740-7000 ext. 2225

## TRIPLE P SEMINAR SERIES

The Triple P Seminar Series consists of three 90 minute presentations (including Q&A) facilitated by individuals trained and accredited by Triple P America. The Seminars offer an overview and discussion of the principles, strategies, and benefits of Triple P and positive parenting. The seminars also offer an opportunity for parents to learn about other levels of Triple P available if they are interested in individual support around a particular parenting or behavioral concern.

Children's Services Council offers the Triple P Seminar Series free of charge to any interested organization. The Seminars can be presented in English, Spanish, and Creole.

***"The Power of Positive Parenting"*** – Introduces parents to the five core principles of positive parenting: creating a safe, interesting environment; creating a positive learning environment; using assertive discipline; having realistic expectation; and taking care of yourself as a parent.

***"Raising Confident, Competent Children"*** – Introduces parents to the six key building blocks children need to do well in life. These skills include showing respect, being cooperative, being considerate of others, becoming independent, having healthy self-esteem, and becoming a good problem solver.

***"Raising Resilient Children"*** – Deals with how parents can help their children deal more effectively with emotions and feelings. The building blocks covered in the seminar include helping children recognize and accept feelings, express their feelings appropriately, build positive feelings, deal with negative feelings, develop coping skills, and deal with upsetting or stressful life events.



# Small changes, big differences.



## Triple P Participating Agencies

If you would like additional information or have a specific parenting concern, please contact one of the following organizations and ask to speak to someone about Triple P.

- Center for Family Services: 561-616-1222 ask for Olga Viera
- Bridges at Belle Glade (33430): 561-899-1646 or 561-992-8210
- Bridges at Boynton Beach (33435): 561-736-1111
- Bridges at Highland (33460): 561-899-1652
- Bridges at Lake Park (33403): 561-881-5060
- Bridges at Lake Worth (33460): 561-899-1642
- Bridges at Lake Worth West (33461): 561-649-9600
- Bridges at Northwood (33407): 561-840-3106
- Bridges at Pahokee (33476): 561-899-1650 or 561-924-9224
- Bridges at Riviera Beach (33404): 561-899-1644
- Bridges at West Palm Beach (33401): 561-804-6754
- \*Parent-Child Center: 561-841-3500 ext. 1087 ask for Debbie Newell
- \*Sunrise Counseling Center (Jupiter): 561-818-0733
- \*Marsha Tardivo, LCSW, PA (Wellington): 561-452-0304
- \*Renee Layman, MS, LMHC (Palm Beach Gardens): 561-319-8044
- \*Gratitude House (West Palm Beach): 561-833-6826
- \*Multilingual Psychotherapy Centers (West Palm Beach): 561-712-8821

\*Please note: There may be a fee associated with further Triple P services at these locations depending on your income level.

