#### A HAPPIER FAMILY LIFE STARTS NOW

Millions of parents worldwide use Triple P. Now, with Triple P available online, you can log in to your personal parenting course whenever and wherever it suits you. Simple!

"Triple P has been a life saver for me." Shalini, mother of two

### WHY TRIPLE P WORKS

Great parents do great parenting programs. And the
Triple P – Positive Parenting Program is one of the world's best.
Backed by more than 260 trials and studies, Triple P gives you proven parenting strategies that will help you set up your child or teenager for life—so they'll be happy, confident and successful. In the meantime, your home life will be better too... with rules followed, relationships stronger, and parents who are much less stressed!

### CHOOSE THE COURSE THAT'S RIGHT FOR YOUR CHILD'S AGES AND STAGES

## Triple P Online (for toddlers to tweens) can help you:

- Encourage good behavior
- Manage misbehavior
- Settle tantrums
- Tackle disobedience
- Teach your child new skills
- Take the stress out of shopping

## Triple P Online (for pre-teens and teens) can help you:

- Build stronger relationships
- Negotiate boundaries and expectations
- Deal calmly with conflict
- Survive the emotional rollercoaster
- Prepare for risky situations
- Equip your child to handle life's problems





# SET YOUR CHILD UP FOR SUCCESS

## FREE TRIPLE P PARENTING – ONLINE COURSES FOR PARENTS OF TODDLERS, TEENS AND IN-BETWEENS!

### **NC TRIPLE P ONLINE REGISTRATION STEPS**

- 1. Google NC Triple P Online or www.triplep-parenting.com
- 2. On landing page for Triple P
  - a. Select Online Program
  - b. Select (0 12 years) or Teen Program
  - c. Select **Start Now** button or Scroll down to registration form and complete
    - i. First name
    - ii. Last name
    - iii. Email address
    - iv. NC county
    - v. Number of 0-5-year old children in your family
    - vi. Number of 6-17-year old children in your family
    - d. Select Register button

\*You will receive your individual code and password in your email plus a link to the modules. Suggest you save and print out for easy reference.

### To login or return to your modules is easy

- 1. Type in https://northcarolina.tripleponline.net/login
- 2. Type in https://teen.tripleponline.net/login
- 3. Access your saved emailed link which will take you to a page requesting that you enter your
  - a. email address and
  - b. password
- 4. Select Login

### To save the login page on a smartphone - iphone

To save the login page on a smartphone — Android

- 1. Select the share tool
- 2. Select Add to Home Screen

- 1. Select the **Menu** button
- 2. Select Add to Home Screen



