



# 5 Steps to Positive Parenting

Children (0-12) and Teenagers (12-16)

*There are five key steps to Triple P's Positive Parenting. The tips you will get on Triple P Ontario or with a Triple P practitioner are based on these five steps:*

## 1 Ensuring a safe, interesting environment

### Children (0-12):

Young children need a safe play environment and adequate supervision, so there is less risk of being hurt. Adequate supervision means knowing where your child is and what they are doing at all times. Children also need an interesting environment that provides plenty of opportunities to explore, discover, experiment and develop their skills.

### Teens (12-16):

All children, including teenagers, need a safe environment. Know where your teenager is, who they are with, and what they are doing, especially when they are away from the house. Teenagers also need a challenging and engaging environment that provides plenty of opportunities to explore, discover, and develop their skills both at home and elsewhere.

## 2 Creating a positive learning environment

### Children (0-12):

Parents need to be available when their children need help, care or attention. It is important to help children learn by encouraging them to try things for themselves. Encouragement and positive attention help motivate children to learn. Paying attention when children behave well means they will be more likely to do it again.

### Teens (12-16):

Parents need to be available when their teenagers need help, support and attention. It is important to help teenagers learn to become independent by gradually encouraging them to do things themselves. Encouragement and positive attention help motivate teenagers to learn. Paying attention when teenagers behave well means they will be more likely to do it again.

### 3 Using assertive discipline

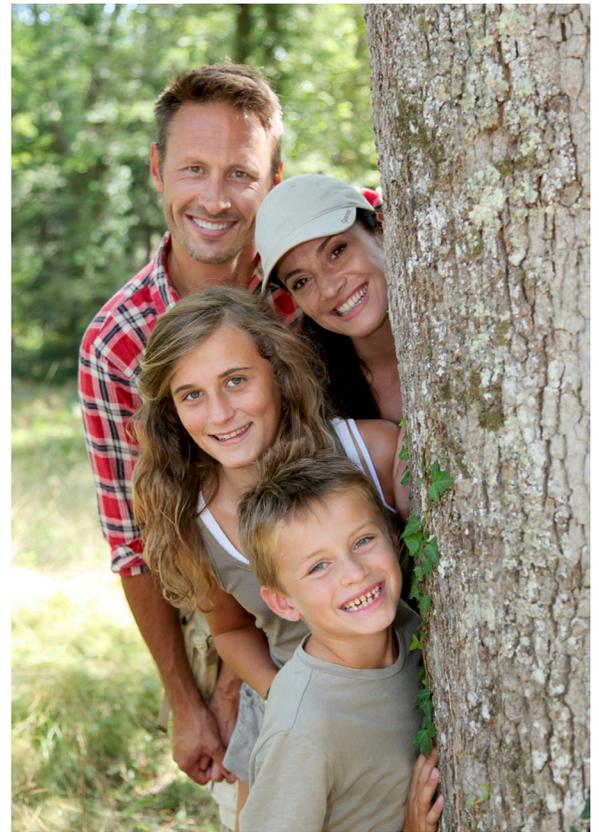
#### Children/Teenagers (0-16):

Assertive discipline involves being consistent, acting quickly when children misbehave and teaching children and teenagers to behave in an acceptable way. When parents use assertive discipline, children/teenagers learn to accept responsibility for their behavior, to become aware of the needs of others, and to develop self-control. They are also less likely to develop behavior problems if their parents are consistent and predictable from one day to the next.

### 4 Having realistic expectations

#### Children/Teenagers (0-16):

Parents' expectations of their children/teenager depend on what they consider normal for children at different ages. Children/teenagers are individuals and develop at different ages. Children and teenagers need to be developmentally ready before they can learn new skills. Problems may arise when parents expect too much too soon, or expect their children/teenager to be perfect. All children/teenagers make mistakes. Most mistakes are not intentional. It is also important for parents to have realistic expectations of themselves. No parent can be perfect. Everyone learns through experience.



### 5 Taking care of yourself as a parent

#### Children/Teenagers (0-16):

Parenting is easier when personal needs for intimacy, companionship, recreation and time alone are being met. Being a good parent does not mean children or teenagers should dominate a parent's life. If parents' own needs are being met, it is much easier to be patient, consistent and available.

**To access Triple P parenting support:  
call 1-800-660-5853 or visit [Triplepontario.ca](http://Triplepontario.ca)**



Real Solutions,  
for Real Parents

