



# Triple P Program

Get support, information and tips to give your child the best start in life. Triple P gives you simple, practical strategies to help you raise happy and confident children. Children thrive when they are in a nurturing environment. The early years are so important. Triple P gives Mums and Dads ideas on how to help their child develop the skills and behaviours they need for a healthy childhood.

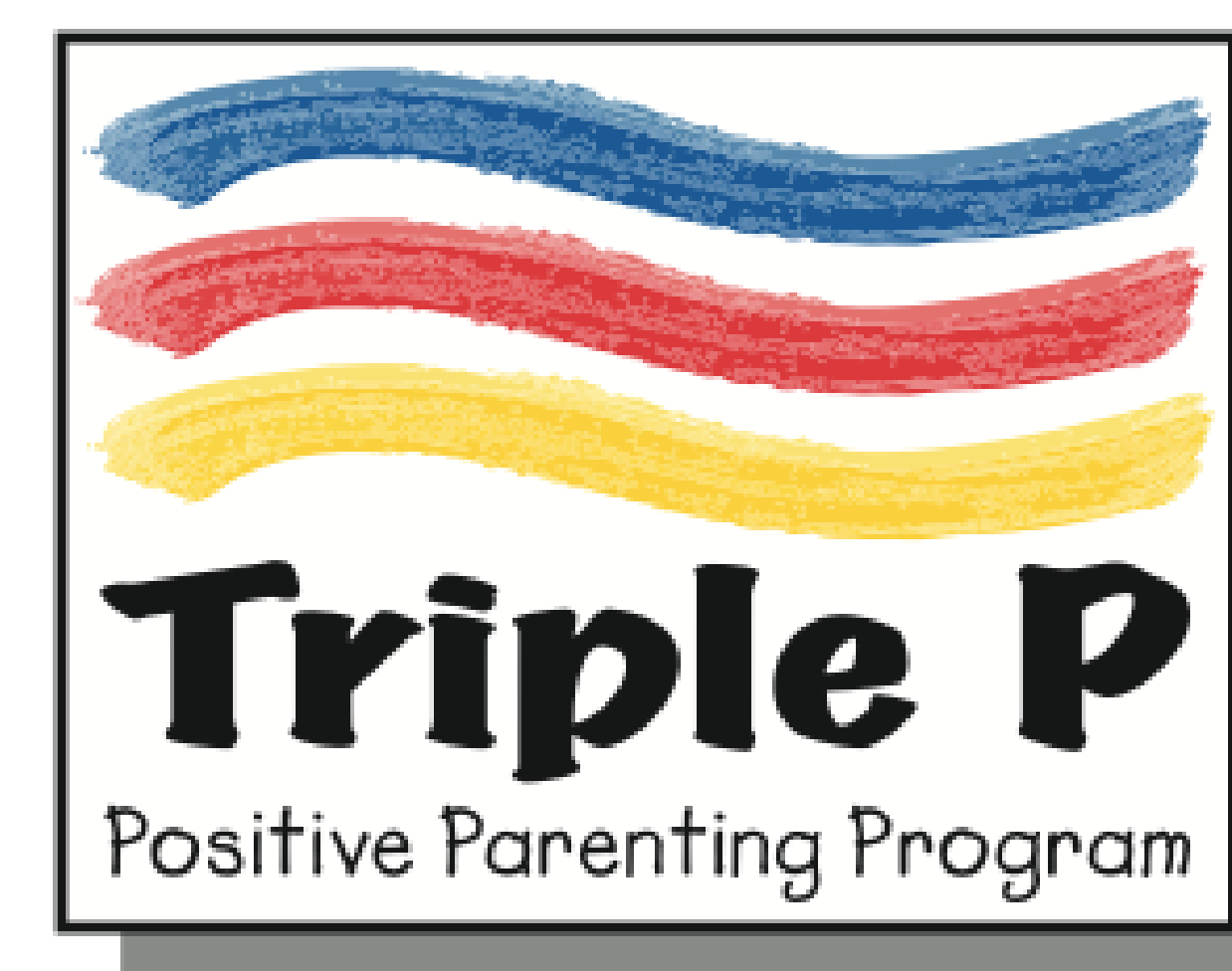
Learn proven strategies from trained facilitators to raise happy, confident children, manage behaviour so everyone in the family enjoys life, set rules and routines that everyone respects, encourage the behaviour you like and take care of yourself as a parent.



**Facilitators:**  
**Mary Joyce (Parent Coach) and Natalie Downes (Senior Case Worker)**



**Inala Community House**



To find out more, contact Inala Community House on (07) 3372 1711 or email [reception@ich.org.au](mailto:reception@ich.org.au)