

Triple P Online



What is “Triple P Online”?

- Free online sessions for parents with children ages 0-16.
- Available in English and French.
- Provides parents with techniques and strategies for handling parenting challenges.



To access Triple P Online, see the “Step by Step Guide to Access Triple P Online” on the 6th slide.

Covid-19 Response

- In March 2020, 150 additional accounts were purchased to help support parents during the Covid-19 pandemic
- In the coming weeks, Triple P Online will be adding a Covid-19 session
- *A Guide to Parenting During Covid-19* will be available in the next few weeks
- Triple P is researching options for webinars and peer support for practitioners

Triple P Online Ages 0-12

- Module 1: What is Positive Parenting?
- Module 2: Encouraging Behaviour You Like
- Module 3: Teaching New Skills
- Module 4: Managing Misbehaviour
- Module 5: Dealing With Disobedience
- Module 6: Planning Ahead to Prevent Problems
- Module 7: Making Shopping Fun

Triple P Online Teen (ages 13-16)

- Module 1: What is Positive Parenting for Teenagers?
- Module 2: Encourage Appropriate Behaviour
- Module 3: Teaching New Skills
- Module 4: Managing Problem Behaviour
- Module 5: Planning Ahead for Risky Situations
- Module 6: Raising Confident, Capable Teenagers

Step By Step Guide to Access Triple P Online

For an English Code:

1) Head to the Triple P PEI Page:

<https://www.triplep-parenting.ca/can-en/find-help/triple-p-parenting-in-prince-edward-island/>

Please note that you may encounter a pop-p regarding Covid-19 providing a link to Triple P Online, please press “Continue” to bypass this to ensure you are not prompted to pay for your code.

2) Click “Do Triple P Online”

3) Select the age group that applies to your child (either 0-12 or 12-16) and click “Find Out More”

4) Click “Start Now”

5) Fill out the information and click “Register”

6) Your code and instructions will be sent to your e-mail.

For a French Code:

Please Email:

Keisha Francis at kfrancis@edu.pe.ca



Frequently Asked Questions (FAQ) – Page 1

- **Do parents have to pay for access to Triple P Online?**

No, Triple P Online is offered for free to residents of PEI. Please ensure parents go to the PEI Triple P Website to receive free access.

- **Can anyone sign up for Triple P Online?**

Yes, anyone is able to sign up for Triple P Online. There is no referral process.

- **How long is each Triple P session?**

Each online session ranges from 30-60 minutes per session.

- **Will Triple P Online save progress if a session can't be completed at one time?**

All progress will be saved as you advance through the sessions. There is not a time limit in which Triple P Online sessions must be completed.

- **What tools are required for a parent to use Triple P?**

An internet connection and a compatible device is required. Triple P Online is accessible on all Desktops, all laptops and most tablets.

Frequently Asked Questions (FAQ) – Page 2

- **Can a Triple P practitioner or Family Services Worker sign up for Triple P Online on behalf of a parent?**

Ideally a parent should register for themselves. In very limited circumstances a practitioner can register on behalf of a parent. If you are registering on behalf of a parent please use their information for the account.

- **When should I recommend Triple P Online?**

If a parent has requested help with their parenting techniques; you observe that providing new parenting techniques could improve a family's situation; or if parents seemed overwhelmed by their child's behavior.

- **Is Triple P Online a good alternative for parents who are unable to participate in face-to-face sessions due to social distancing?**

Triple P Online is a good alternative to provide some support to parents in this time of social distancing. It should be noted that Triple P Online would be a good fit for mild cases. If you have a family that would normally be referred to a high level of Triple P this is only intended as an immediate support for them until a practitioner can provide a higher level of intervention.

Frequently Asked Questions (FAQ) – Page 3

- **Can I select the sessions I complete?**

No, you must complete the sessions in order and you can not move onto the next session until the previous one is completed.

- **Will parent and family information be kept confidential?**

Yes, all information gathered is to best serve parents and it will be kept confidential.

Questions?

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