



Support your child through separation or divorce

Proven, positive strategies to ease the transition

Now free in Australia

WHY FAMILY TRANSITIONS TRIPLE P ONLINE MAKES ALL THE DIFFERENCE

Concerned about how your separation or divorce might affect your child? Worried about handling the changes and challenging moments – yours and theirs? This is a pivotal time for your family. And it can feel confusing and unsettling. But you don't have to navigate it alone.

- Create a stable, reassuring environment for your child.
- Reduce adverse effects and help them feel supported and secure.
- Help your child and yourself to manage emotions and develop good coping skills.
- Handle challenging moments more calmly and confidently.
- Build your communication and problem-solving skills to reduce conflict and co-parent more effectively.
- Adapt and evolve in your new family dynamic.

Free support for your positive parenting journey

The program goes beyond coping skills and can help you and your child to emerge feeling closer. And because every family situation is different, it can be personalised to suit your circumstances. Your former partner and other family members can do the program too, which can help create alignment.

- Each of the five online modules takes about an hour (or less) to complete.
- Learn at your own pace, anywhere, anytime, and do just a few minutes at a time.
- Interactive, easy-to-use online program with videos, activities and downloadable resources.
- Join thousands of parents and carers in Australia who have benefited from the trusted help of the Triple P – Positive Parenting Program®.

Help your family to cope, adjust and thrive with Family Transitions Triple P Online – for parents and carers going through separation or divorce.



START YOUR FREE PROGRAM TODAY!

triplep-parenting.net.au

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