



Triple P for Baby

Triple P for Baby is developed by the Triple P – Positive Parenting Program®, one of the world’s most effective and evidence-based parenting programmes, backed by over 40 years of research. The programmes are a go-to resource for parents and carers who need easy-to-understand strategies to help them confidently manage common parenting challenges.

Who is this for?

Parents-to-be or new parents with a baby up to 12 months of age

Triple P for Baby can help you

- Create the best environment for your baby
- Learn strategies to cope with crying and set up positive sleep habits
- Understand your baby’s cues and how to respond
- Promote your baby’s social and cognitive development
- Take better care of your own emotional wellbeing
- Feel more confident and enjoy life as a new parent

Is this your family?

You’re a new or expecting parent, and you want to build a close relationship with your baby and help them develop from the very start. You’d like to learn more about understanding your baby’s cues, and how to handle common challenges like crying, sleep and communicating with your partner. You might be looking for ways to adjust to life with baby and promote their learning and development. With the right knowledge and tools, you’d like to set your little one up for the best start in life.

If you’d like to feel more confident on your parenting journey, Triple P for Baby can help.

What is Triple P for Baby?

Triple P for Baby helps parents and carers who are looking for tips and ideas to help them navigate the challenges that come with having a new baby. It’s a toolbox of proven, positive strategies with a variety of practical ways to promote your baby’s development, build a stronger bond and support their emotional and physical health. Whether you’re pregnant or your baby is already here, Triple P for Baby can help you get off to a positive start and create the best environment for your baby’s development and wellbeing.

What can I expect from this programme?

When it comes to Triple P for Baby, there are different formats you can try.

- *Group* — Over a combination of four group sessions and four individual consultations, you’ll be introduced to a range of strategies to help create a positive foundation for your baby, and you.
- *Individual* — Individual sessions offer the same programme as group sessions, but it’s one-on-one, which means that it’s just for you (and your partner, if preferred).

Also available: Triple P Online for Baby

This 7-module, positive parenting programme can be done online, anywhere, at your own pace.