



# TRIPLE P Online (TPOl)

An online program that allows parents to complete parenting modules independently from any location. Parents have 12 months of access to the program, which provides a toolbox of strategies to encourage positive behavior and manage misbehavior.

Through this interactive course, parents can learn at their own pace and pick up practical strategies to confidently manage children's behavior. The course includes videos, exercises, tips, and activities, suitable for parents of children and teens.

- TPOl for Toddlers to Tweens (0-12 years): 8 modules
- TPOl for Pre-teens and Teens (10-16 years): 6 modules

Each module takes about 30 minutes to complete, and parents can save their progress and finish sessions at their convenience.

For enquiry, please e-mail  
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