



Triple P – Positive Parenting Program

A PROGRAM OF FIRST 5 SANTA CRUZ COUNTY

*The **Triple P - Positive Parenting Program** provides tips and tools to raise happy, healthy, capable children. Triple P is available to families in Santa Cruz County with children from birth - 16 years old, including children with special needs. Small changes can make a big difference!*

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Upcoming Triple P Classes

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Grupo de 8 Semanas: Para familias con niños 2-12 años

Cada lunes, del 5 de octubre al 23 de noviembre, 6-8 pm

Watsonville

[Inscribirse](#)

Workshop for families with children with special needs: How to Deal With Disobedience

October 13, 6-8 pm

Watsonville

[Register](#)

8-Week Group: For Families With Teens

Tuesdays, October 13-December 8, 6-8 pm

Parent Stories



Dads are finding Triple P helpful, too! Here's a single father's story about how Triple P is helping him raise his 6-year old daughter.

"My wife died when my daughter was born, so I've been a single dad. I love my daughter, but have always been afraid to discipline her. I've felt guilty about my daughter not having a mom, so I let her do whatever she wanted.

Everyone would tell me that I needed to punish her because her behavior was terrible at the store, the park, at school...everywhere. I thought that if I punished her, she would think I didn't love her. But I knew I needed help with her behavior.

[After participating in Triple P], my life has completely changed. She listens to me now, and I feel we have a better relationship. I can take her to the store, the park, and to visit friends. I really liked how the simple strategies helped us.

And I learned the difference between discipline and punishment. That was important because it helped me not be afraid to set limits. Now I know that discipline can be done in a nurturing way.

I still have some work to do...things aren't perfect, but things are so much better. I never imagined how much my life would change [because of Triple P]."

Watsonville
[Register](#)

Workshop: Teaching Children to do Chores
October 15, 6-7:30 pm
Watsonville
[Register](#)

Workshop: How to Handle Fighting and Aggression
October 21, 10:30 am - 12:30 pm
Felton
[Register](#)

Taller para familias con niños con necesidades especiales: Cómo tratar con la desobediencia
27 de octubre, 6-8 pm
Watsonville
[Inscribirse](#)

For additional Triple P classes, view our [Calendar](#)



Triple P Spanish PSA: Rocio, Parent



Triple P English PSA: Diana

Stay Connected



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Subscribe by text

Text TRIPLEPSCC to 22828 to subscribe to our monthly e-newsletter

Do you want to share your story about how Triple P has helped your family? We want to hear it! Send an email to Nicole at triplep@first5scc.org. Names will be changed or withheld to protect families' privacy.

October Article

Ask Nicole: Raising Teens - Hovering or Guiding?

By Nicole M. Young, MSW

My teenage son recently announced he'd read an article on "helicopter parents" for his English class. This was stated while negotiating his weekend plans, and said with a look and tone that implied the article was about us. When asked what that term meant to him, he said, "Parents who hover over their kids so much that the kids don't learn to do things on their own, so they're not prepared to be independent." Ouch.

We reassured him that we share the same goal: One day, he'll be independent and living with someone other than his parents. Our conversation reminded me that it's easy to blur the line between "hovering" and guiding. Ironically, our questions about his weekend plans were meant to gauge his readiness for greater independence, but all he could hear was the wop-wop-wop of helicopter blades.

This monthly column provides tips for anyone who is helping raise children, based on the world-renowned Triple P - Positive Parenting Program, available to families in Santa Cruz County. If you have a question or idea for a future column, email me at triplep@first5scc.org.

Dear Nicole,

My son is in high school, and I'm not sure he'll ever be ready to leave home. He's a good kid but doesn't think before he acts. He's gotten in trouble for talking back to teachers, posting inappropriate things on social media, and pulling pranks at school. He says all his friends do it and adults make too big of a deal about it. I'm frustrated that he doesn't take responsibility for his actions. What do you suggest?

- *Patricia*

Dear Patricia,

I'll bet many parents can relate to your situation! Teens often do things that seem impulsive, foolish or risky to adults. The part of the brain that's responsible for impulse control, making decisions and regulating emotions is still "under construction" during adolescence - scientists now believe the brain reaches full maturity around age 25. So even when your son has the body of an adult and may be old enough to drive, vote or move away from home, his brain will still be playing catch up. Here are a few tips to prepare your teen for independence:

Help your teen set goals for the future. Ask your son where he sees himself in three to five years, then help him set mini-

Want to Learn More?

Sign up for a Triple P class or meet one-on-one with a practitioner who is trained to help with a wide variety of parenting challenges.

To find a Triple P class or practitioner, contact First 5 Santa Cruz County:
831-465-2217
triplep@first5scc.org
triplep.first5scc.org



Triple P is funded in part by the Mental Health Services Act of Santa Cruz County.

goals that are steps toward reaching his bigger goals. Encourage him to set goals that are achievable (but not too easy) and meaningful to him - even if they are different from your goals for him. Whether he wants to continue his education, get a job, live alone or travel, he'll need to learn how to plan ahead, identify options and take responsibility for the outcome of his choices. These skills come naturally to some people, while others must learn through trial-and-error. Sometimes the greatest sense of accomplishment comes from making a mistake and having to try again or work harder to achieve a goal.

Help your teen think about the impact of his choices.

Many teens lack impulse control or awareness about potential risks. It's the nature of their developing brains. If your son is contemplating ways to meet his goals or wants to participate in activities you consider risky, ask questions that begin with "Have you thought about..." or "What would you do if..." to prompt him to plan ahead and anticipate different scenarios. Teach him to answer these questions before acting on an idea: "What are the positive and negative effects of doing this - for me or others? Is it really worth it? Is this the kind of person I want to be?"

Have your teen practice making decisions. This is an important step in developing autonomy and self-discipline. Start with "low stakes" issues that have fewer risks (e.g. clothing, food, extracurricular activities). Let him know about any non-negotiable limits related to safety, school or family values. Then have a discussion about the options he's considering and their pros and cons. Support his decision (as long as it's within the limits), even if it's different from what you would choose. As you both gain confidence in his decision-making abilities, try the same process for issues that could have more serious risks or repercussions (e.g. social activities, money, college, career).

Final Thoughts: Helping teens become independent, responsible, capable young adults is no easy task, especially when they push the limits, act impulsively or cause us to worry about their safety. Yet our persistent guidance will eventually pay off when they become ready to live a purposeful, meaningful life independent of us.

Nicole Young is the mother of two children, ages 11 and 15, who also manages Santa Cruz County's Triple P - Positive Parenting Program. Scientifically proven, Triple P is made available locally by First 5 Santa Cruz County, the Santa Cruz County Health Services Agency (Mental Health Services Act) and the Santa Cruz County Human Services Department. For more information on Triple P classes and one-on-one sessions for parents, visit <http://triplep.first5scc.org>, www.facebook.com/triplepscc or contact First 5 Santa Cruz County at 465-2217 or triplep@first5scc.org.

Have a Question of your own?

We all need a little help sometimes. Whether you're a parent, a grandparent or other caregiver of an infant, toddler, preschooler, elementary school child or teen, most of us could use some advice. Do you have a question that our Triple P practitioners can help answer?

Send in your question to Nicole Young, Triple P Santa Cruz County's Coordinator, at triplep@first5scc.org or send us a message at our [Facebook page](#).

First 5 Santa Cruz County | (831) 465-2217
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