



Parent Education for Catawba County Families!

The Parent Support Team offers a variety of parent education opportunities for families with children who are age birth to five, using the Triple P® (Positive Parenting Program) model.

Call The Children's Resource Center at 828-695-6565 to learn which options will best meet your needs and how to sign up.

Group Triple P The program involves four 2-hour group sessions for up to 12 parents, where participants learn through observation, discussion, practice, and feedback. Homework assignments help parents to apply the knowledge throughout the week. The group session topics include: 1) Positive parenting, 2) Helping children develop, 3) Managing challenging behaviors, and 4) Looking ahead in your parenting journey. Following the group sessions, parents will participate in four 30-minute follow-up telephone sessions with the facilitator.

Primary Care Triple P One-on-one sessions with a certified Triple P parent educator. Includes four 30-minute sessions and focuses on targeted challenges that you are experiencing with your child. Includes Triple P Tip Sheets covering common developmental and behavioral challenges of young children as well as active skills training.

Triple P Discussion Groups Two-hour small group sessions, targeting a specific parenting challenge or issue. Each discussion group can be taken as a stand-alone session or as part of a series. Groups will be held at various times during the year, covering practical topics such as dealing with challenging behaviors, managing aggression, developing good bedtime routines and hassle-free shopping with children.

Stepping Stones Triple P Parenting interventions specifically designed for parents who have children with identified special needs. Parents can participate in one-on-one sessions or in group settings with other parents who share common challenges.

Triple P Online A comprehensive, eight-session web-based program that guides parents through Triple P's 17 core parenting skills. Based on the Standard Triple P program it includes opt-in text or email reminders of session goals and strategies.

Triple P takes the guesswork out of parenting. It is one of the most effective evidence-based parenting programs in the world, backed up by more than 30 years of ongoing research.



Catawba County Parent Support Team is a Smart Start funded project that also receives support through Catawba County Social Services and Public Health, as well as other funders. For more information about the Parent Support Team, please call Kathy Marshall, Early Childhood Support Team Leader, at 828-695-6590.