

# Triple P

## Positive Parenting Program



### What Parents Are Saying About Triple P...

"I wish everyone knew of this program because I don't know what I would have done without it. Thank you from the bottom of my heart."

"I had a great time. This program has shown me that I can be a great parent and learn to teach my daughter the right things to do without getting upset."

"My son is a different child. He is much better now. I can't thank you enough! This is amazing! He is a new kid. He is helping out with the youngest ones at home. At school he has become a leader with the other kids. The teacher said she doesn't know what you are doing but keep it up."

### What Your Colleagues Are Saying About Triple P...

"I am so proud of the work you do. I and my patients are blessed to have you and your team working with us. I can't help but think of the butterfly effect (the flap of butterfly wings causing tornadoes on the other side of the world). I cannot begin to imagine the tremendous downstream blessings your work and this program have had on these families and this world." Donna Halloran, MD

### Did you know that...

Children are more likely to misbehave when they are bored. Encourage parents to provide lots of engaging indoor and outdoor activities such as water balloons, sprinkler-play, tag, coloring, cardboard boxes, and dress up.

Contact Donna McNamara at:  
(314) 974-0602 or [dmcnama1@slu.edu](mailto:dmcnama1@slu.edu)

### Coordinator's Corner



Pediatricians, my name is Donna McNamara and I am your first point of contact for referring your patients to Triple P. I am here to answer your questions.

### Triple P is:

- 1) For St. Louis City and St. Louis County parents who have a child between the ages of 1 and 12 years with a behavior concern.
- 2) Brief, with 4 sessions taking place over 4-6 weeks.
- 3) Convenient for busy parents, with staff available 5 days per week (Monday-Friday) and meetings taking place at Danis Pediatric Center in SSM Cardinal Glennon Children's Hospital.
- 4) Able to provide travel support, if needed. Free to patients served at SSM Health Cardinal Glennon Children's Hospital.

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