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# Tippaper

Parenting tips and information for every parent

## No.1

> Triple P, Positive Parenting, Winter 2015

[www.triplep-parenting.net](http://www.triplep-parenting.net)



### Triple P comes to Saskatchewan

One of the world's leading parenting programs, the Triple P – Positive Parenting Program, has been brought to Saskatchewan by the Ministry of Social Services and is available free to parents with children aged 0–12.

Regions in and around Regina, Yorkton and Sandy Bay were the first to join the program, training providers to deliver Triple P Seminars, Primary Care Triple P and Group Triple P.

With the Ministry of Social Services looking to expand the service into other areas and communities throughout the province, more and more families could soon be able to find help that really makes a difference to family life.

In the meantime, Triple P Online is also available free to eligible families in all areas of the province.

### Help that works

Raising kids can be fun, infuriating, frightening, wonderful, stressful, exhausting and sometimes, all those things in one day! So it's not surprising that parenting is often said to be the toughest job of them all.

Fortunately, the Triple P – Positive Parenting Program gives parents the skills they need to build better relationships with their children, solve problems and become more confident parents.

And because Triple P is based on more than 30 years' ongoing research with families around the world, you can be confident it can help you too.

## Escape the yelling trap

A household with four kids is always going to be busy but Yorkton mom Tamara Hudy says her house was not only hectic, it was very loud.

Tamara was finding life incredibly frustrating. The kids, aged 15, 10 and nine-year-old twins, were constantly fighting – with each other as well as their parents.

Tamara knew she was only fuelling an already inflamed situation when she would yell at the kids to try to calm things down. But she was at a loss to work out what to do to make the situation any better.

"It was very stressful. We were walking on eggshells because we were afraid to say too much to set somebody off," she says.

Tamara says she now realizes she was at her breaking point when she found out about the Triple P – Positive Parenting Program from a counsellor.

"The program was new to Yorkton and (the counsellor) thought it would merit to try it," says Tamara.

The working mom whose husband works long hours says she had attended other parenting programs before and hadn't had much success but she was willing to try anything to bring some peace back into the house.

Triple P is considered one of the world's most effective parenting programs.

A range of programs offer parents simple tips and strategies to tackle a wide range of childhood behaviours that can upset healthy family dynamics, from tantrums and disobedience to fighting and aggression.

Parents can choose from a range of support services including seminars,

quick private consultations and longer group courses.

Tamara started off in Primary Care Triple P, a series of 15 to 30-minute one-on-one sessions with a Triple P practitioner. She came away with a range of strategies to turn down the volume at home.

Things worked out so well at home, Tamara went back to learn more with Group Triple P, a program which takes up to eight weeks and which also involves families who are often in the same boat.

"I'm not going to say it's calmer because there's still four kids in a tiny house, but it's definitely quieter," Tamara says. ■

[Learn how quiet came to the Hudy household on Page 3.](#)



## Contact?

Check our website  
[triplep-parenting.net](http://triplep-parenting.net)

## 2 About Triple P



# Jamie's joy comes from helping parents



Yorkton provider, Jamie De Vos

Yorkton Triple P provider Jamie De Vos wishes she had access to the Triple P – Positive Parenting Program when she was a young, single mom. She says it would have made life a lot less stressful.

Jamie works for The Society for the Involvement of Good Neighbours (SIGN), a not-for-profit family and community service agency.

With her background in psychology and 15 years of experience delivering early childhood education programs, Jamie was thrilled when the Ministry of Social Services chose SIGN to deliver Triple P.

SIGN currently provides Triple P Seminars, Primary Care Triple P (one-on-one private sessions) and Group Triple P, an eight-week program for small groups of parents.

While Jamie says all of Triple P's delivery methods provide great value to

parents, as a provider, she most enjoys delivering seminars.

Much of Jamie's joy comes from seeing the lights go on in parents' eyes when they listen to the presentations. "You see a lot of head nods," she says.

One of the strategies Jamie likes to talk about is the quiet time and time-out approach to managing misbehaviour.

"Previously, I used time-out (with my son) but in a very different way than what Triple P promotes," she says.

While Jamie says she used to immediately send her son to his room when he acted out, she says Triple P advocates

quiet time first. In quiet time, the child is asked to sit on the sidelines of an activity for a short period of time without speaking or being spoken to. It's a bit like being on the sidelines in hockey.

Jamie says this provides the child with an opportunity to calm down and helps them learn to manage their emotions.

The idea is that once they have calmed down, the child can return to what they were doing.

Once Mom or Dad notices them doing the right thing, they reward their child with positive attention, such as spending time with them on a favourite activity. ■



## A great way to stop the 'mom, mom' chant



The Campbell family

Jennifer Campbell, of Yorkton, has discovered that sometimes the laundry can wait. And the result has been a little five-year-old who is a lot happier and calmer.

With a 10-month-old baby needing attention, Jennifer was finding that daughter Hailey needed more time than she had energy to give.

The busy mom was struggling to get Hailey to follow instructions and that struggle could often end in a terrible tantrum.

Now Jennifer and Hailey have found a new way to stay close and share their time together in the busy household.

"The main thing that I've learned is that it's not your child's fault generally. It's a chain of events – something you do that they react to and that you then react to," Jennifer says.

Before starting the Group Triple P

program – an eight-week session with a group of up to 12 parents – Jennifer says Hailey would often bother her when she was busy.

If Jennifer said something like, "Mommy just needs five more minutes to finish the laundry", Hailey would start with the "mom, mom, mom" chant. If mom ignored her, Hailey would have a tantrum and Jennifer would get a headache.

Jennifer says she's realized a lot of Hailey's attention-seeking behaviour could be adjusted with just a few simple strategies.

She now finds that taking 30 seconds to quickly look at her daughter's art project when she comes to her, and acknowledge

her daughter's work avoids a lot of the attention hounding that might happen later in the day.

"The laundry can wait another 30 seconds," she says.

"Because she's getting the small amounts of attention that she needs the rest of the day, she'll wait when it's something she realizes you really can't stop doing that second." For Jennifer, the format of Group Triple P had other benefits.

"It's nice to know you're not alone. There are other parents out there going through the same thing," she says. ■

Find out where to get help in Saskatchewan on Page 8.

## Help in a nutshell

Watch the audience at a Triple P – Positive Parenting Program seminar in Saskatchewan and you'll see heads nodding in unison – a sure sign parents recognise the common pitfalls of parenting.

As well as the useful knowledge that we're all often in the same boat, families attending Triple P Seminars take home simple-to-use strategies they can put to use straight away.

"These strategies give parents the confidence they need to tackle any of those little issues that have been worrying them," Saskatchewan Triple P coordinator Shelley Zoerb says. "Their confidence just grows when they see changes happening straight away."

Seminars are positive parenting in a 90-minute nutshell for parents who are generally coping well.

There are three in the series: Power of Positive Parenting; Raising Confident, Competent Children; and Raising Resilient Children.

Triple P is available free to parents of children aged up to 12 in Regina, Yorkton and Sandy Bay.

And for all parents of children aged up to 12 – regardless of where they live – the web-based Triple P Online program is available.

Apart from seminars, other Triple P programs in Saskatchewan are Primary Care Triple P, a series of four brief one-on-one consultations and Group Triple P, a series of five two-hour group sessions with three phone support calls at home. ■





## 90%

The proportion of children who prefer playing with their friends to watching TV

Source: IKEA Play Report



## 236

Number of words in Dr Seuss's children's book, "The Cat in the Hat"

Source: Wikipedia

## 9:10

The ratio of families who have at least one family meal together during the week

Source: foodnetwork.com



Tamara Hudy with her husband and daughters

# More hugs less hollering

**Tamara Hudy's lightbulb moment with the Triple P – Positive Parenting Program came when she realized that her own behaviour was contributing to the way her children were acting at home.**

"My husband and I were both quite vocal," Tamara says.

"When the kids are yelling at each other you're looking back and thinking where did they learn that behaviour? Well obviously they learned that level of yelling from us!"

Tamara, of Yorkton, says she found herself fighting a losing battle to get her four girls to tone down the loud arguments, both between themselves and with Tamara and her husband.

But a behaviour chart and some role modelling have proven to be the keys to a lot more hugs and a lot less hollering in the Hudy household.

In a series of one-on-one sessions, Triple P Primary Care provider Jamie De Vos showed Tamara that her children's behaviour was a reflection of the way she and her husband were communicating.

"That was quite an eye opener to find that my kids' behaviour is reflected in how I behave as well," says Tamara.

Jamie gave Tamara a number of role-modelling strategies. And Tamara soon realized that when she lowered her voice, her girls did too. Spending quality time with each of her children has also been an important way to reduce the sibling rivalry that had developed.

The family also developed a behaviour chart and provided stickers for when the girls were found to be doing the right thing.

"My kids are very visual, so they love the charts," Tamara says.

At the end of the week, the kids get to choose a reward – a one-on-one date with mom or dad. The undivided attention with a parent has made a huge change in their behaviour. During the date, the children realize they don't have to compete with each other.

The Triple P approach has resonated with Tamara.

"It focused more on you as a parent than it does the child," she says. "It made me sit down and look at myself instead of blaming everything on the kids."

She was so pleased with her progress, she joined a Triple P Group program to find out more great ideas.

In these small group sessions, Tamara joins other parents for two-hour sessions once a week for four weeks. After that, their Triple P provider calls them each week for three weeks to check on how things are going at home. Then they meet for a final group session.

"Being with other parents who are going through exactly what you're going through means you don't feel so alone," says Tamara.

"When you have a child that acts up, you're embarrassed. You don't want people to think that you're a horrible parent. It's really reassuring to know that others have the same problems as you."

After each group session, Tamara and her husband sit down with their children and talk about what they learned. The family meetings have helped everyone to feel heard and they don't have to raise their voices.

"I want them to know that all of them have an opinion," she says. ■



The Hudy girls



## 4 Staying positive



### PARENTS SAY

On the streets of Yorkton, Regina and Sandy Bay, we asked parents "what is the best thing about being a parent?"

**Carol Karahalios**  
Mother of 2 - Maria, 3 and George, 9 months

"The best part of being a parent for me is watching my children master a skill or achieve a goal. The smile on their faces makes me melt with joy".

**Leanne Summers**  
Mother of 3 - Makenna, 5, Lydia, 3 and Claire, 1

"I love those quiet moments of nose-to-nose cuddling one-on-one with one of my girls, whispering about their day or what they are looking forward to the next day. It seems that the most random facts from their day come out when we are talking like that."

**Darcy Wandy**  
Father of 2 - Parker and Kinley, 2

"After a rough day at work, I come home and they come running for a hug. It makes all the bad go away."

**Tara Valgardson Lapierre**  
Mother of 2 - Cheyanne, 17 and Austin, 12

"Watching them grow up and seeing them become their own person and thinking wow, I made these beautiful creatures."

**Tasha Michelle**  
Mother of 3 - Isaac, 12, Damon, 11 and Kyran, 8

"Hearing 'I love you mom' every morning before the bus and every night before bed even when we are upset with each other, because that love never goes away."

**Daralyn Lawrence**  
Mother of 2 - Colten, 3 and Broden, 9 months

"At the end of the day when I kiss them goodnight and see their peaceful, innocent faces. No matter how bad the day is, how bad the kids are being, the attitudes, the messes; they are what brings a smile to my face. The quirky comments they make, their imaginations, listening to them play, watching my oldest be Buzz Lightyear flying through the house - they seriously light up my life".

**Erin Huser**  
Mother of 2 - Dom, 5 and Fin, 2

"Family night - getting PJs on, having treats and watching a movie with snuggles!"

## Ten minutes with... Lynn Gore



With a degree in developmental disabilities and psychology, Triple P provider Lynn Gore has worked with many families and children, including those families facing the challenges of supporting a child with their diagnosis. Now employed at the Regina Early Years Family Centre, Lynn delivers a number of Triple P programs, including Stepping Stones Triple P, a program specifically designed to support parents of children with a diagnosis.

### What are the most common problems parents talk to you about?

The most common concern I have encountered is self-doubt. Parents often wonder if they are "doing the right thing" and some parents want to do things differently from when they were growing up.

### Are parents happy to ask for parenting help, or do they worry about what others will think of them?

I have met with many parents that want to touch base with someone to know that they aren't crazy. They like a checks-and-balances system, so the ability to meet other parents

and network is much appreciated, especially if extended family supports aren't local.

### What do you like most about the Triple P - Positive Parenting Program?

I really like that with Triple P you don't have to qualify for a program. It's a universal system of supports for all parents and by no means do you have to have "that kid" or be "that kind of family" to access Triple P.

### How do parents react when they realize that Triple P is working for them?

It's a sense of relief. I love seeing or hearing that "aha moment" when a parent feels and sees some successes. It boosts their confidence immensely and they are more apt to keep trying the strategies that are working to build continuity and help with consistency in the home. Happy parents means healthier families.

### What would you say to someone who thinks they may need some parenting support but is reluctant to go to a program such as Triple P?

I would encourage them to ask some questions, do some research and talk to other parents. The opportunity to sit down and have a conversation with a parent who has questions about Triple P is amazing. I would rather them ask questions and get some answers than be left wondering and full of "what ifs?". ■



Lynn Gore

## Stay in touch with parenting online

Are you falling into one of the five common parenting traps? Do you want to know why setting rules is so important? Maybe you would like to find out where the nearest Triple P Seminar is, or sign up to join other parents in Group Triple P sessions?

The Triple P "Stay Positive" website is the place for all this and more. Go to [www.triplep-parenting.net](http://www.triplep-parenting.net) and you'll

land on a site dedicated to helping parents in Saskatchewan.

You'll find plenty of ideas to help you understand the kinds of behaviours you are experiencing at home and why.

The Stay Positive website also has a wealth of information about how and why Triple P's positive parenting works so well for families around the world.

You can read other parents' success stories or click on videos of parents sharing their experiences.

Because Triple P isn't a one-size-fits-all program, it's a good idea to start with the Get Help section of the website to

understand how to access the program and find out about the different types of Triple P that are on offer.

You can work out which type of Triple P will best suit your particular needs. You can search for a provider in your area or find your nearest Triple P session.

And, if your friends haven't got their hands on a copy of the Triple P Tippiaper yet, you can tell them to go and check it out online.

Find us on [www.triplep-parenting.net](http://www.triplep-parenting.net)





Getty Images

## TRIPLE P TIP

### In praise of praise

Children who are constantly told “don’t” or “no” soon learn this behaviour gets them the most attention. Instead, if you catch your child doing positive things, give them praise that is clear, specific and enthusiastic.

This tells them that what they’ve accomplished is positive and appreciated. It’s praise a child can understand and enjoy – and they’re more likely to repeat the behaviour in the future.

There is such a thing as too much praise though. You wouldn’t continue to praise your child every time he packs up his toys. Because as a child becomes more skilled at the task you’re trying to encourage, you need to phase out the praise. You make it less predictable as the child becomes more accomplished and the behaviour more routine.

And if you do have to say “no” or “don’t” to problematic behaviour, remember to follow up with a positive instruction. For example, “No, stop grabbing the cat’s tail” would be followed by, “Pat the cat like this”.

A good rule of thumb is to try to deliver four positive comments to every negative comment such as “don’t”, “stop” or “no”. ■

– Professor Matt Sanders

## Five simple steps to success



Most parents agree the benefits of positive parenting sound very, very appealing. After all, who wouldn’t want their child to calmly follow instructions, do well at school, make friends easily and feel good about themselves? Or one who’s less likely to develop behavioural or emotional problems when they get older?

Then, there are the advantages for the parents themselves. Parents who use positive parenting say they feel more confident, less stressed and have less conflict with their partner over parenting issues.

Triple P’s approach to positive parenting is based on some very simple ideas that have been shown to help make raising children easier. These are Triple P’s five key steps to positive parenting:

### 1. Create a safe, interesting environment

Children need to play, explore and investigate their world to develop essential skills, so it’s important to create a home environment that is safe. With knives out of reach, chemicals and medicine locked away and helmets around for bike or skateboard riding, parents won’t be constantly on red alert.

Also, make sure there are lots of interesting things for a child to do. It needn’t be expensive toys. Pencil crayons, marbles and homemade playdough are great for keeping little ones occupied, while old boxes, newspaper and twine can be used to create cities, costumes and play houses.

And of course there’s an added bonus to all of this. Kids who are happily entertaining themselves are less likely to become bored and misbehave!



### 2. Encourage positive learning

When your child comes to you for help, for care or to talk, they’re ready to learn. Give them positive attention, even if only for a minute or so.

It also helps to be positive about things your child is doing. When you see them doing something you like, pay attention. Giving them a little praise or showing them you like what they’re doing increases the chance they’ll do it again!



### 3. There is such a thing as “good discipline”

Children do best in a predictable, stable environment, so set clear rules and boundaries and follow through with appropriate consequences. If rules are broken, stay calm and follow up with fair, age-appropriate consequences, such as taking away a toy for a few minutes.

But you don’t have to jump on every minor indiscretion. Ignore misbehaviour you think is merely an attempt to get attention. Don’t make a fuss and it may go away.

And remember to praise behaviour you like. Try to catch your child following rules and congratulate them for it – especially when they’re learning something new. Praise them and they’re more likely to do it again.

### 4. Be realistic

Nobody’s perfect – kids or adults – so don’t expect your child to do more (or less) than he’s capable of. If you expect your child will always be polite, tidy up, or always be happy and cooperative, you’re setting yourself up for disappointment and for conflict with your child.

And don’t forget to go easy on yourself, too. You are human. You will make mistakes so don’t get too frustrated or upset. Everyone learns through experience.

### 5. Take care of yourself as a parent

Naturally, raising children is a time-consuming job that can sometimes seem to take over your whole life. But you’ve got to look after your own needs too – making sure you’re getting some support, companionship, recreation and even a little time alone!

If you can find ways to balance work and family, call on assistance from friends and relatives and work as a team with your partner, you’ll feel much better about being a parent. You won’t get as stressed and it will make it much easier to be patient and calm when your child needs you. ■

To read more about Triple P’s five key steps to positive parenting go to [www.triplep-staypositive.net](http://www.triplep-staypositive.net)

## Contact?

Check our website [triplep-parenting.net](http://triplep-parenting.net)





# Rediscover the great outdoors

With the snow melting and the layers of clothing finally peeling away, it's time to get kids outdoors. Spring is the perfect time of year to encourage children to be active. Here are some great activities that are sure to get kids in love with the great outdoors:

## Cycling

Whether you're taking the family to the library, hitting a local bike path, or just getting to and from school, cycling is an easy way to squeeze a fun activity into busy schedules.

Luke Nichols, of Bike Regina, an organization that runs kids cycling workshops in the springtime, says cycling is a great way for children to discover things they never would from the passenger seat of a car.

Luke says cycling to and from school is not only a great way to sneak some physical activity into kids' days, it's also a great way to help them learn.

"Cycling stimulates brain function. It helps them be more alert and learn more in school," he says.

Bike seats and trailers are a great way to transport kids not old enough to pedal their own bike.

**'Cycling stimulates brain function. It helps kids be more alert'**

Visit Bike Regina ([www.bikeregina.org](http://www.bikeregina.org)) for information on workshops and great local routes and the Saskatchewan Cycling Association ([www.saskcycling.ca](http://www.saskcycling.ca)) for information about local cycling clubs.

## Baseball

Baseball has grown in popularity across the province thanks in part to Major League players such as Andrew Albers, pitcher for the Minnesota Twins.

Born in North Battlefield, Saskatchewan, Andrew has helped put Saskatchewan on the map in Major League Baseball.

Kevin Meacher, of Baseball Regina, says apart from the physical benefits of playing the sport, baseball can teach kids hand-eye coordination, attention to detail, teamwork and discipline. There's also minimal body contact in baseball, reducing the chance of injury.

Baseball is also one of the least expensive team sports for kids to play as



Prairie Soul Photography

minimal equipment is required. Baseball Regina offers programs for kids as young as five years old.

"Five and six year olds play in our junior Rally Cap division," Kevin says "They play tee-ball for the first months and then use an automated pitching machine."

By the time kids are in the Mosquito division (9 to 10 years of age) and have developed enough arm strength, they begin learning to pitch on their own.

## Hiking

A great way to discover Saskatchewan's diverse landscape is to hike one of the region's hundreds of established trails.

Saskatchewan's trails provide a great way for kids to encounter birds and wildlife.

Wascana Lake, Regina's massive 930-hectare urban park, merges wildlife conservation areas and forest-fresh air with the city's art and history monuments.

As well as the wooded nature trails, park boasts three museums and a science centre.

In Yorkton, some of the most popular trails include the Ravine Ecological Preserve. A 2.8km trails within the Preserve features a long, floating boardwalk. Logan Green, a 6km trail located on the southern edge of the city, is also well worth a visit. ■



## 'Tis season for sniffles

Spring is great but the downside can be sneezing, runny noses and itchy, watery eyes.

Saskatoon pediatric respirologist Darryl Adamko describes how to tell if your child has seasonal allergies, rather than the common cold:

- Seasonal allergies come at the same time every year. They're the body's response to breathing in airborne allergens such as pollen or mold spores. Colds are caused by viruses and can turn up any time of the year.
- A cold lasts for a week or so. If symptoms persist for two to three weeks, seasonal allergies should be considered.
- Nasal symptoms accompanied by asthma-like reactions such as coughing at night or trouble catching breath signal allergies. See your doctor as leaving allergies untreated can have health consequences.
- Non-sedating antihistamines can control itchy, watery eyes. Nasal corticosteroids or a saline nose spray can help clear up nasal passages. ■



## Making friends

**Having good friends is important to a child's self-esteem but kids do not always know how to look after their friends. You can help your child develop good social skills.**

- Encourage kids to take turns in games and activities.
- Suggest they listen to and look at a person when they're speaking, such as when a friend is telling a story.
- Ask other children what they want to do, rather than assuming other children will want to follow.
- Think about other's feelings: "I wonder how Tom is feeling now".

— Professor Matt Sanders



Getty Images

## Happy, healthy habits

Catering to the ever-changing tastes of kids can be daunting for any parent. Amy Pickering, a registered dietitian in Saskatoon, says ensuring kids are getting a well-balanced diet doesn't have to be frustrating, even if they do turn their noses up at the nutrient-dense kale you've placed on their plate.

Amy says promoting healthy eating habits that will last a child's lifetime begins with small changes.

Try these tips to encourage healthy eating:

### Offer variety

Serving up a variety of foods is key to ensuring kids receive well-balanced daily meals. "The more variety of foods they get, the more likely they are to get the nutrients they need," Amy says.

### Don't force feed

Part of encouraging kids to eat well is to make mealtime a pleasant experience. Forcing or bribing kids to clean their plate will only ignite a power struggle that can cause children to associate eating with anxiety.

Amy suggests allowing kids to decide for themselves when they're full. "Kids are really in tune with their hunger cues and we really have to honour that and let them trust those cues," Amy says.

### Be patient when introducing new foods

"It can take eight to 10 times before kids might like a new food," Amy says.

When introducing a new food, offer it alongside one they enjoy. If they don't like it, that's ok.

Try preparing it a different way, add it to a favourite meal, mix it in with an omelette or pasta sauce or add it as a pizza topping. If that fails, scrap it for a little while and try reintroducing it in the future.

### Stick to a routine

Serving meals around the same time each day will help kids develop an eating routine. If they're hungry between meals or snacks, offer water instead of juice or milk which can fill them up and decrease their appetite come mealtime.

### Make food fun

Be creative with food preparation. Serve up a variety of brightly coloured foods. Cut veggies or cheese into fun shapes with cookie cutters. Adding chopped broccoli or green peppers to spaghetti sauce or topping cereal with fruit slices, for example, or grating carrots into soups is a great way to boost nutritional value while hiding foods your kids might normally wrinkle their noses at.

### Recruit your child's help

"Kids are more likely to eat healthy foods if they've had a part in making it," Amy says. Growing a vegetable garden, taking kids to the grocery store so they can pick out fruits and vegetables,



Amy Pickering

and allowing kids to participate in meal preparation by rinsing vegetables, stirring or even cutting with plastic, child-safe knives are great ways to encourage a healthy relationship with food.

### Minimize distractions

Turn off the television and other electronic gadgets during mealtime to help kids focus on eating. And set a good example. "Children are more likely to eat healthy foods if the parent does it too," Amy says. If you're not eating it, why should your kids? ■



## Key nutrients for little bodies

A well-balanced diet is key to ensuring kids' health, but some nutrients are even more vital for growing bodies. Here are Saskatoon nutritionist Amy Pickering's top five:

- **Calcium and Vitamin D for bone development:** Most of our bone growth occurs in youth. Calcium is essential for building strong, healthy bones, but the body also needs vitamin D to absorb calcium. Since vitamin D is difficult to get during the winter months, many dairy products such as milk and yogurt are fortified with vitamin D.
- **Iron:** A lack of iron can lead to anemia, which results in poor concentration and feeling tired and sluggish. Some great sources of iron include meats, beans and lentils and dark leafy greens.
- **Omega 3s for brain development and vision:** Omega 3s are found in fish, walnuts, canola and soybean oil.
- **Zinc for immune health:** Zinc is found in beef, turkey, beans, lentils, nuts, eggs and dairy.

For more information visit Caring for Kids, which provides information for parents from Canadian pediatricians ([www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)). ■

## Kitchen kids

Cooking is a fantastic family activity and there are many ways to get kids involved.

- **Measure and pour:** Children as young as two can help pour ingredients from a measuring cup into a mixing bowl. Children as young as four can start measuring ingredients on their own using plastic, not glass, measuring cups.
- **Stirring:** Preschool-aged children can practise stirring using a wooden spoon or a spatula. As they get older, try teaching more complex techniques such as beating or whipping ingredients using a whisk or hand-held electric beater.
- **Preparing foods:** Young children can help prepare foods by fetching items from the refrigerator. Preschool-aged children can wash vegetables and even learn to cut using a dull plastic knife.
- **Clean up:** Everyone can help! ■



# Triple P comes to Sandy Bay

Sandy Bay, a remote northern Saskatchewan village of 1200, now has access to one of the world's most highly regarded parenting programs.

Just like other regions of Saskatchewan, the Triple P – Positive Parenting Program is available free of charge for Sandy Bay parents of children aged 0–12 at the Breaking Trails Family Centre, which opened just over a year ago.

Rather than telling parents what to do, Triple P offers parents a range of simple, easy-to-use routines that can make a big difference to family life. These strategies can help parents deal with simple problems to more complex issues.

The idea is for parents to choose the strategies that work for them and what they want to achieve with their family.

Lori Fourstar has been working at Breaking Trails since July, 2014, and has taken on the role as Triple P Program Facilitator.

She says Triple P will be a welcome addition to the centre's current services. She believes Triple P will help get different generations within the community talking to one another.

Sandy Bay has a rich culture with about a quarter of the population members of the Cree First Nations. But Lori says difficulty communicating between the generations often means those spiritual

and cultural beliefs don't always get passed down.

Lori hopes Triple P will help bridge the communication gap between generations.

"Triple P teaches how to communicate and have those open conversations with each other so kids aren't afraid to approach you with questions," Lori says.

The Breaking Trails Family Centre opened in January, 2014, and currently hosts more than 100 visitors a month.

The centre offers a wide range of support for parents, ranging from child



Lori Fourstar

and family wellness checks to good food boxes (a box of fresh fruits and vegetables offered to area residents at a discount) and a clothing depot.

Every Monday the centre hosts an Ages and Stages Questionnaire, where parents can bring in children between the ages of three months to two years, to see whether their child is developing at the appropriate rate for their age.

Two different ways to access Triple P are now available in Sandy Bay. Triple P Discussion Groups, which bring together small groups of parents to discuss a common parenting issue, cover simple issues such as dealing with disobedience, developing good bedtime routines, managing fighting and aggression, and shopping with kids.

Parents in Sandy Bay can also talk to a Triple P trained provider in private, one-on-one sessions called Primary Care Triple P, where they can discuss the particular issue that is troubling them. ■

To find out more about how to find help with Triple P in other areas of Saskatchewan or online, see the stories below.



## The Tippaper Team

**Editing & design:** Triple P Communications  
**Production team:** Triple P Communications  
**Writers:** Lisa Evans,  
 Prof Matt Sanders  
 Shelanne Wiles Longley,  
 Prairie Soul Photography  
**Photography:**

Triple P is brought to parents in Saskatchewan by the Ministry of Social Services.

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## Find help in Saskatchewan



The best place to find a Triple P provider or a session closest to you is Saskatchewan's Triple P website at [www.triplep-parenting.net](http://www.triplep-parenting.net).

You'll be able to search for an individual provider in your city, town or region, plus there's a calendar that lists some of the coming groups, seminars and discussion groups around the province.

Under the Get Help section of the website, you'll find descriptions of the Triple P programs that are delivered to groups of parents and programs that are delivered one-on-one.

Some programs will be one-off sessions and others are ongoing courses. A calendar lists dates of upcoming programs.

Or, if you want to find a Triple P provider or program near you, you can contact a coordinator at the following locations. New providers are joining all the time, so one of the following providers can fill you in about the nearest Triple P course to you:

### Yorkton

#### Jamie De Vos

Triple P Coordinator Yorkton and area  
 SIGN  
 Ph: 306-783 3080  
[jamie.devos@sign-yorkton.org](mailto:jamie.devos@sign-yorkton.org)

### Sandy Bay

#### Lori Fourstar

Triple P Coordinator Sandy Bay  
 Breaking Trails Family Resource Centre  
 Ph: 306-754 1001  
[lori\\_fourstar@hotmail.com](mailto:lori_fourstar@hotmail.com)

### Regina

#### Lynn Gore

Triple P Coordinator Regina  
 The Regina Early Years Family Centre  
 Ph: 306-519 6616  
[triplep@reginakids.ca](mailto:triplep@reginakids.ca)

### Saskatchewan

#### Shelley Zoerb

Saskatchewan Provincial  
 Triple P Coordinator  
 Ph: 306-316 0065  
[sazoerb@gmail.com](mailto:sazoerb@gmail.com)



## Support online

**There's no doubt that as parents we could all use a little help from time to time. But when you're juggling kids and commitments, sometimes getting help can be difficult.**

You might be looking for advice you can trust, but you don't really want to go to a parenting class. You might be too busy. Perhaps the times don't suit you.

That's why the Triple P Online program was developed: to give parents another way to access parenting support.

In Saskatchewan, Triple P Online is being provided free to parents by the Ministry of Social Services and is available for all parents of children aged 0–12.

It's great for parents who want help managing the ups and downs of raising kids. While Triple P Online's principles of positive parenting and promoting children's development are ideal for parents of children of all ages, the parenting strategies introduced in the course are most relevant for parents of toddlers, preschoolers and children up to 12 years.

The program is easy and fun to use and Triple P's Professor Matt Sanders

appears as your virtual practitioner, to guide you through the mix of video clips, worksheets and activities. And the worksheets can be downloaded to keep as a reminder of what you've learnt.

There are eight modules and each only takes around 30 to 60 minutes. You can also choose to sign up to receive podcasts, emails and text reminders.

If you don't like the thought of doing the program totally on your own, you can opt to receive additional support by phone, email or face-to-face from an accredited Triple P provider in Saskatchewan. Your provider can help you adapt the program's strategies to your family's situation.

Triple P Online gives you the chance to learn evidence-based skills and strategies that can make family life easier and more rewarding, as well as help provide your child with essential life skills.

To get Triple P Online, go to the Triple P website and send your details using the contact form. A representative from the Ministry of Social Services will get in touch with you to help you register for the program.

Go to [www.triplep-parenting.net](http://www.triplep-parenting.net) to access Triple P Online.