

Indigenous Group

Triple P  
Flashcards



**Have a safe, interesting  
environment**



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**Have realistic  
expectations**



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**Take care of yourself  
as a parent**



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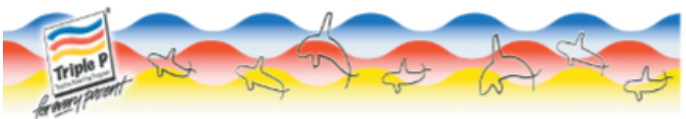
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How do these things affect  
your parenting?

- Genetic makeup
- Health
- Family environment



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Accidental Rewards

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Escalation Traps

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**Planned Ignoring for Small Problems**

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**Clear, calm Instructions**

- Is it age appropriate?

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Emotional Messages:

- What are they?
- Give an example

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Punishment that  
doesn't work

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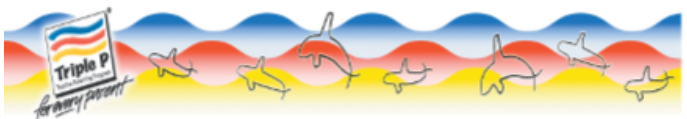
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How do these things affect  
your parenting?

- Your Beliefs
- Your Expectations

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Other Influences on  
the Family:

- Stress
- Grandparents
- Your Relationship

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Other Influences:

- Friends
- School
- Media

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Goals for changing how  
you parent

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**Quality time with  
your child**

- Quick, brief  
acknowledgements

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**Talk with your child  
and  
show affection**

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**Descriptive Praise**

- What is it?
- Give an example

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**Positive Attention**

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**Set a good  
example**

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**Incidental Teachings:**

- What is it?
- Give an example

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**Ask, Say, Do**

- What is it?
- Give an Example

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**Cooperation**

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**Set clear ground rules**

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**Directed Discussion**

- What is it?
- Give an example

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Back up your instructions  
with **Logical Consequences**



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Name some consequences  
you can use effectively



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**Quiet Time**

- What is it?
- How would you use it?



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**Time Out**

- Explain how to use it  
properly



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**Start routine**

- What is it?
- What would you use it for?

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Work as a Team

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Get Support

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**Stop Routine**

- What is it?
- How would you use it?



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High Risk Times

- Give an example

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**Providing Engaging  
Activities**

- Give an example

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Obstacles for Change

- What are some reasons for  
not making changes in how  
you parent?

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What are some changes your  
child has gone through?

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Give an example of not enough instructions given to your child



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Give an example of instructions that are too hard for your child



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Body Language  
- How can it affect the message you are giving your child?



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What would be an example of a punishment done in anger or when you're stressed?



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Give an Example of  
inconsistent punishment



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How can your adult  
relationships affect your  
children?



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How can you set goals  
with your child?



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What skills should we  
encourage in our children?



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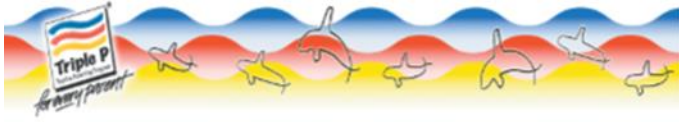
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How would you use a  
**Behaviour Chart?**

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**Positive Learning  
Environment**

- What is it?

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**Assertive Discipline**

- What is it?

- Give an example