



## Prevention Works Triple P Parenting Tip Sheets

### Infants:

- Crying
- Promoting Development
- Separation Anxiety
- Sleep Pattern

### Preschoolers:

- Cleaning Up
- Disobedience
- Fighting and Aggression
- Going Shopping
- Interrupting
- Mealtime Problems
- Nightmares and Night Terrors
- Separation Problems
- Traveling in the Car

### Toddlers:

- Bedtime Problems
- Disobedience
- Independent Eating
- Hurting Others
- Language
- Sharing
- Tantrums
- Toilet Training
- Wandering
- Whining

### Elementary School Children:

- ADHD
- Bedwetting
- Behavior At School
- Being Bullied
- Chores
- Creativity
- Fears
- Homework
- Lying
- Self-Esteem
- Sport
- Stealing
- Swearing

### Positive Parenting:

- Balancing Work & Family
- Being a Parent
- Coping With Stress
- Feeling Depressed after the Birth of Your Baby
- Home Safety
- Preparing Your Child for New Baby
- Supporting Your Partner

### Teenagers

- Coping with Anxiety
- Coping with Sadness and Depression
- Doing Well in Highschool
- Drinking Alcohol
- Drug Use
- Encouraging Healthy Eating
- Fashion Trends and Peer Influence
- Making and Keeping Friends
- Managing Money and Work
- Promoting Digital Wellness
- Rudeness and Disrespect
- Smoking and Vaping
- Sexuality and Relationships

tip sheets  
**ON BACK**  
OVER 50 TOPICS



**Triple P**

PREVENTION  
**WORKS**  
Educate • Collaborate • Motivate

# Primary Care

*A brief targeted intervention in a one-to-one format that assists parents to develop parenting plans to manage behavioral issues (e.g. tantrums, fighting, going shopping) and skill development issues (e.g. eating independently, toilet training, staying in bed at night).*

**Sessions available in person or via zoom**

One on one  
tailored parenting  
sessions

Total of 20-40  
minutes per  
session

follow-ups  
available on  
educational topics

**WANT SOMEONE TO CONTACT YOU?**



**OR CONTACT US FOR SCHEDULING**

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