

Positive Ways to Prepare for the Transition into Parenthood

EVIDENCE-BASED PARENTING PROGRAM

Join Us!

Triple P for Baby aims to prepare parents for a positive transition to parenthood and the first year with baby, promoting sensitive and responsive care in the perinatal period.

-  Promote your babies development by teaching them new skills and behaviors.
-  Introduce changes new parents may experience, some early parenting traps, and a variety of coping strategies to manage emotions.
-  Learn about common relationship changes new parents may experience, the importance of communication and ideas for maintaining happiness.

For more info:

Email: triplep@gobhi.org

Call or Text: 541-256-4692

Scan the QR Code or go to:
www.gobhi.org/triple-p

Serving Gilliam, Hood River, Sherman, Wasco & Wheeler counties.

