



January - March Series

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.

TRIPLE-P FOR BABY SERIES:

For Parents at the transition into parenthood or with a baby up to 12 months of age.

January 27 - March 17*
Tuesdays • 12-1pm

*8 weeks: 4 group sessions on Zoom and 4 individual sessions via phone

Parents need to be able to commit to all eight sessions.

*No formal referral required.
Certificates of attendance available.*

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.

