

Help kids cope with challenges, and break free from anxiety

Proven, positive strategies to help every family

Now free in Wisconsin

WHY FEAR-LESS TRIPLE P ONLINE MAKES ALL THE DIFFERENCE

Some children become worried, and anxious feelings can start to affect their everyday life. They may be fearful, upset or avoid situations. With Fear-Less Triple P Online, you can support your child's coping skills and help the whole family stay calm and positive.

With Fear-less Triple P Online, you can:

- Learn more about anxiety and how to help your child.
- Know how to respond to your child when they are anxious.
- Help your child develop skills to deal with hard situations and solve problems.
- Teach your child simple strategies, backed by proven methods.
- Create the best space for your child's development.
- Raise happier kids who can meet life's challenges.

Free support for your positive parenting journey

Now, you can do Fear-Less Triple P Online at no cost. Learn steps you can take to help your child or teenager feel calmer and more capable. Partners and family members can also sign up, so everyone's on the same page and there's less conflict.

What to expect:

- Easy-to-use online program with videos and fun, interactive learning.
- Each module only takes about an hour or less. You can do just a few minutes at a time.
- Do it on your phone, computer, or tablet, when it works best for you.

Help give your child the life skills they need with Fear-Less Triple P Online – for parents and caregivers of children (6 years and older) who are often anxious.



START TODAY – IT'S COMPLETELY FREE!

Triple P online programs are FREE to all parents and caregivers in the State of Wisconsin

Register now:

triplep-parenting.com/wisconsin

