

# Positive Parenting for Healthy Living



## Does your child suffer asthma or eczema?

Every day, thousands of Australian children suffer the effects of asthma and eczema, and families struggle with illness management and children's behavioural and emotional adjustment.

**Positive Parenting for Healthy Living Triple P** is an adaptation of the successful Triple P – Positive Parenting Program, offering practical ideas and support for parents of children suffering asthma or eczema, in two 2-hour group sessions. The sessions support you to manage your child's illness and promote children's positive behaviour, manage difficult behaviour and help cope with anxiety.



**As part of a research project, Positive Parenting for Healthy Living Triple P is offered FREE of charge for eligible parents!**

**If you are the parent of a 3-10 year old child with asthma or eczema and living in the Brisbane area, contact us for more information:**

Amy Mitchell  
Project Coordinator  
Parenting and Family Support Centre  
Telephone: (07) 3365 7305  
Email: [healthyliving@uq.edu.au](mailto:healthyliving@uq.edu.au)  
Website: [www.exp.psy.uq.edu.au/healthyliving](http://www.exp.psy.uq.edu.au/healthyliving)



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