

# North Carolina Triple P Local Implementing Agencies Site Map

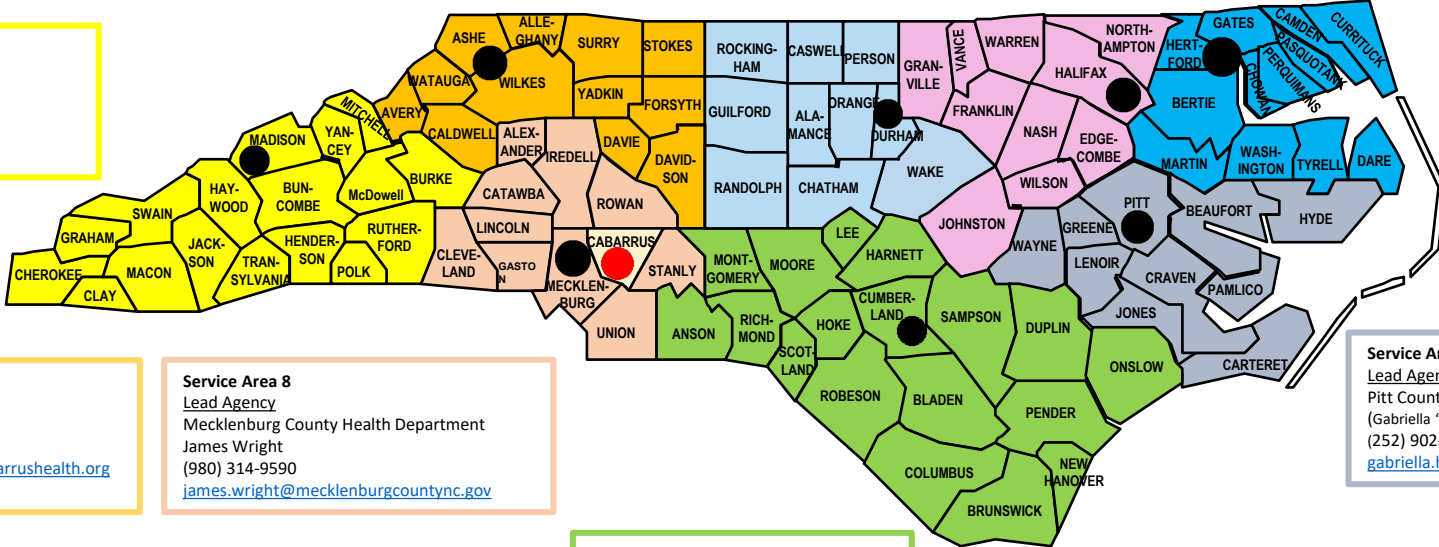
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**Service Area 7**  
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- Cabarrus (funded by Title V) and Wake (funded by the Rex Foundation)
- Lead Health Departments (provides Triple P coverage for the service area)

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NC DEPARTMENT OF  
**HEALTH AND  
 HUMAN SERVICES**

*James R. Duke*  
 THE DUKE ENDOWMENT

# 5 Core Principles of Triple P

## Create a Safe, Interesting Environment

- Bored kids are more likely to misbehave
- Remove potential dangers and teach basic safety

## Have a Positive Learning Environment

- Give children positive attention- brief but frequent interactions
- Encourage children's ideas and find opportunities for learning

## Use Assertive Discipline

- Set clear rules and follow through with fair consequences
- Praise children to encourage behavior you like

## Have Realistic Expectations

- No child or parent is perfect
- Don't expect more of a child than they are capable of

## Take care of yourself as a parent

- Parents need to care for their own needs- physical, social and emotional
- It's all about balance



# Contact Us!

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