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## EXAMPLE NEWSLETTER CONTENT

# HUB MOMENT: BACK TO EARLY NIGHTS

### BACK TO SCHOOL MEANS BACK TO EARLY NIGHTS—POSITIVELY

After a long summer break, kids' sleep schedules may be all over the place. Healthy sleep routines help support healthy development and doing well at school. A good night's sleep helps kids and teens prepare for learning the next day. Reasonable bedtimes and calm, organized morning routines help get the school day off to a better start so kids are refreshed, less stressed, and ready to learn. On the other hand, when kids don't get enough sleep, it's harder for them to pay attention and behave well in class. Their physical health can be affected, too.

Learning more about sleep patterns and problems can help you use positive methods to sort out and prevent bedtime battles. Set healthy bedtime and sleep patterns with your child and solve problems without arguments, with specific and practical Triple P – Positive Parenting Program® support.

Choose what positive parenting tools you'd like to use with Triple P! [Read more on this topic here.](#)

Or find out more on the Triple P website: [www.triplep-parenting.com](http://www.triplep-parenting.com)

## PEAK MOMENT

### KIDS FEELING UNCERTAIN, WORRIED, STRESSED? SUPPORT THEIR COPING SKILLS!

**As we enter another winter of COVID-19, kids and teenagers need help to cope with uncertainty and worry.**

How can kids learn to recognize, express, and cope with feelings? Learning to manage uncomfortable emotions takes practice. It's much easier when children know they are loved and valued. Having a family where kids can talk about their emotions helps a lot. They need to know it's okay to express a range of feelings, in ways that don't hurt others.

Even uncomfortable feelings can be managed. Kids can learn to tolerate some uncertainty. Other feelings such as anger, worry, sadness, confusion, and embarrassment can be uncomfortable. Over time, children can also learn that these (like all feelings) will pass. Children and teenagers learn a lot from the adults around them, just by watching and listening. We all have ups and downs sometimes, but we can use problem-solving skills to help us cope.

Learning these skills help children to cope with what's happening right now. They also help them cope with future challenges.

There are practical, easy-to-use tools you can learn by doing a Triple P Positive Parenting Program. These help you support children's emotional wellbeing, even in times of stress. You choose what suits you and how to apply it.

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# HUB MOMENT

## SIX WAYS TO SUPPORT YOUR KIDS TO HAVE A HEALTHIER SCREEN TIME BALANCE – POSITIVELY!

The pandemic has resulted in much more screen time – so what’s best for our children and teenagers when it comes to using digital devices? Firstly, not all screen time is equal. Educational, interactive experiences, sharing the screen with a friend or family member, aren’t the same as watching a movie.

But no matter what the content is, too much screen time can disturb sleep patterns and reduce physical activity. We also need to be aware of things like how peer group pressure can become more intense in cyberspace. Too much information can make it harder to sift fact from fiction, too.

The main keys to positively handling this issue as a parent are to have clear rules, lead by example, and keep the relationship with your child as the top priority. There’s no one-time quick fix. But our latest parent blog outlines six specific steps you can take. [Read more about this topic on Triple P’s website.](#)

Practical Triple P – Positive Parenting Program® support can really help with common parenting challenges like these.

# PEAK MOMENT: COPING WITH STRONG EMOTIONS

## LEARNING TO COPE WITH FEAR, ANGER, SADNESS – KEY LIFE SKILLS

Emotional coping skills equip children and teenagers to handle life’s ups and downs. Right from the start, a positive learning environment helps children start to develop these skills. Feeling secure, loved, and valued gives children a solid foundation. Learning to express and manage strong emotions in appropriate ways, without hurting others or themselves, is another skill that children can be supported to learn. Over time, children can also learn from the way adults around them react that occasional setbacks are a normal part of life and problems can be solved. And that helps them in the long term, too.

As parents, it’s not easy to see our children experience uncomfortable or unpleasant emotions like fear, anger, sadness, or disappointment. At the same time, we have to get the balance right between comforting and reassuring them, and giving them confidence in their own ability to handle challenges. When children are able to work out ways that THEY can deal with difficult or challenging situations, with just enough support from you, they start feeling more confident. Encourage kids to work towards achievable goals, and celebrate not just success but also effort and persistence. This helps build confidence and self-esteem.

With any type of Triple P program comes better relationships and more positive interactions, and that helps increase a child’s or teenager’s emotional resilience. Very soon, we’ll also have a new program, Fear-Less Triple P, which helps more specifically with children and teenagers who have anxiety.

There are many ways parents and caregivers can help support children’s and teenagers’ emotional and social development.