**MEDIA RELEASE**

**The OC Health Care Agency Offers Triple P Free Parenting Support to Families**

Santa Ana, CA, April XX, 2021—The OC Health Care Agency (HCA) has partnered with Triple P America, the provider of the internationally-acclaimed parenting program, Triple P – Positive Parenting Program, to offer Triple P Online free to all Orange County parents. This is part of the county’s COVID-19 relief effort funded by CARES (Coronavirus Aid, Relief, and Economic Security) Act.

Every Orange County parent and caregiver of children and teens aged 0-16 can access Triple P Online for free to learn expert parenting strategies that will help create the best environment for their child and build their resilience during these uncertain times. The online program is available in three languages—English, Spanish, and Arabic. Once parents sign up, they may request one on one consultations with HCA parent liaisons who have been trained to support positive parenting—also at no cost.

“The disruption caused by COVID-19 has impacted every Orange County family and put pressure especially on parents and children. It has been a stressful time for many families with worries about money, work and/or health,” said Dr. Jeff Nagel, Deputy Agency Director of the HCA’s Behavioral Health Services. “Parents that enroll in Triple P Online will learn clear and effective tools and strategies to better understand their children’s emotional needs and ensure positive, healthy development. This helps create resilient children and families with children who are happier, more confident and capable.”

Triple P Online is the world’s first proven-to-work online parenting program. Parents gain confidence through the program to handle each new age, stage and situation facing their child. With online convenience, parents can access the program 24/7 via their cell phone, computer or tablet. They can do it when and where they like, and it takes less than five minutes to sign-up online.

“Children need our help, especially given the stress and anxiety they have experienced during the COVID-19 pandemic. Triple P Online enables parents to help children manage their fears, cope with upheaval and build resilience. These are crucial skills that children need through their lifetime,” said Randy Ahn, Implementation Consultant, Triple P America. “Triple P Online also helps parents become less stressed. Positive interactions that children have with their parents at home help children become more resilient. So, what parents do and say makes a difference every day with children, and this is easier now with the right support on offer to Orange County parents and caregivers.”

**Top 10 Tips for Parenting During COVID-19**

1. Reassure your child that your family is top priority.
2. Take care of yourself the best you can.
3. Make sure your children know you are ready to talk.
4. Be truthful in answering a child’s questions.
5. Maintain everyday routines.
6. Have a family plan.
7. Have plenty of interesting things to do at home.
8. Take notice of behavior you like.
9. Help children to tolerate uncertainty.
10. Reach out and connect with loved ones.

To start Triple P Online today, go to [www.triplep.online/oc](http://www.triplep.online/oc/)

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