



Triple P – Positive Parenting Program

Free Seminar for Parents/Carers

All parents want to have a positive relationship with their child. Sometimes this can be challenging when children are demanding, disobedient, defiant, throw temper tantrums or are generally naughty.

Parents are invited to attend free parenting seminars to learn:

- Ways to encourage positive behaviour in your children
- How to promote your child's development
- Practical, effective ways to prevent or manage common child behaviour problems.

Triple P suggests simple routines and small changes that can make a big difference to your family. These parenting seminars will leave you feeling more confident to deal positively and effectively with common child behavioural and emotional issues.

Each 2 hour seminar includes a presentation and an open discussion and question time. Parents of children aged between three and eight years are welcome to the seminar series.

Parents may choose to attend just one, two or all three of the following seminars:

Seminar 1: The Power of Positive Parenting

This seminar introduces parents to the five core principles of positive parenting:

Seminar 2: Raising Confident, Competent Children

This seminar shows parents how to use positive parenting principles to teach children important values and skills, to enable them to do well at school and beyond.

Seminar 3: Raising Resilient Children

This seminar teaches parents to help their children learn skills to manage their emotions. Parents will learn practical ways to help children recognise and accept feelings, express their feelings appropriately, develop coping skills, and deal with upsetting or stressful events.

There is no cost to attend these seminars.

Dates:

10 August
24 August
7 September

Time: 9.00am

Venue: St Mary's School, Library

For more information, or to register for a free session, please contact

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