

Small changes,  
big differences.



## Triple P, Positive Parenting seminar for parents of children in Kindy, Pre-Primary, Year 1 and Year 2

### SEMINAR 1:

## The Power Of Positive Parenting

This FREE Triple P seminar aims to give parents the skills to raise confident and healthy children, and to build stronger family relationships. It also helps parents manage misbehaviour and prevent problems occurring in the first place.

Morning tea will be provided, as well as lucky door prizes!

<b>DATE</b>	<b>Friday 4<sup>th</sup> May 2018 (Week 1 Term 2)</b>
<b>TIME</b>	<b>8:30-10:20am</b>
<b>VENUE</b>	<b>BWPS Library</b>
<b>PRESENTERS</b>	<b>Bec Smith (School Chaplain) Claire Lea (School Psychologist)</b>

#### **BOOKINGS AND INFORMATION**

Contact the Front Office on 9185 3001 by Thursday 12<sup>th</sup> April to secure your place. Limited places!

[www.triplep-parenting.net](http://www.triplep-parenting.net)

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## **WHO IS THIS FOR?**

- Parents of children in Kindy, Pre-Primary, Year 1 and Year 2

## **TRIPLE P CAN HELP YOU:**

- Encourage behaviour you like
- Deal with problem behavior
- Become confident as a parent
- Be realistic about parenting
- Take care of yourself

## **SEMINAR 1 – The Power of Positive Parenting:**

**Friday 4<sup>th</sup> May – 8:30-10:20am**  
**(Registrations close 12<sup>th</sup> April)**

## **SEMINAR 2 – Raising Confident, Competent Children:**

**Friday 11<sup>th</sup> May – 8:30-10:20am**  
**(Registrations close 7<sup>th</sup> May)**

## **SEMINAR 3 – Raising Resilient Children**

**Friday 1<sup>st</sup> June – 8:30-10:20am**  
**(Registrations close Friday 25<sup>th</sup> May)**

**Please contact the front office on 9185 3001 to secure your place for one, or all, of these seminars.**

**We look forward to seeing you there!**

## **IS THIS YOU?**

Most of the time, parenting is great fun! You know you are doing a good job. But there are times when things get a little tricky. Like when your toddler won't eat her dinner. Or your six year old won't pick up his toys. Maybe your child never seems to listen. If only someone could give you some ideas to make those time a little easier! If this sounds like you, then Triple P seminars may suit.

## **WHAT ARE TRIPLE SEMINARS?**

Triple P Seminars are for large group of parents. They are informal presentations, a little like a public forum. There are three seminars in the Triple P Seminar Series. You can choose to do one – or all – of them. They deal with the most common parenting issues we all face.

The topics are:

- The Power of Positive Parenting
- Raising Confident, Competent Children
- Raising Resilient Children

Seminars will be held in the school library and will run between 8:30-10:20am. There is time at the end of each session for any questions you might have, but you won't have to speak if you don't want to. It is your choice. There is also no homework and no follow up. The seminars are designed to be a brief introduction to the Triple P strategies. But you will DEFINITELY get some great ideas and resources to take home to try out with your family.