

Small changes,
big differences.



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

**SEMINAR 3:
Raising Resilient Children**

This FREE Triple P seminar addresses emotional resilience in children, including what it means, why it is important, and how it benefits children.

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

DATE	Friday 1 st June 2018 (Week 5 Term 2)
TIME	8:30-10:20am
VENUE	BWPS Library
PRESENTERS	Bec Smith (School Chaplain) Claire Lea (School Psychologist)

BOOKINGS AND INFORMATION

Contact the Front Office on 9185 3001 by Friday 25th May to secure your place. Limited places!

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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 4th May – 8:30-10:20am
(Registrations close 12th April)

SEMINAR 2 – Raising Confident, Competent Children:

Friday 11th May – 8:30-10:20am
(Registrations close 7th May)

SEMINAR 3 – Raising Resilient Children

Friday 1st June – 8:30-10:20am
(Registrations close Friday 25th 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.