



# Triple P - Positive Parenting Program<sup>®</sup>

A **FREE** program that teaches practical and effective ways to enhance family relationships and manage common child behaviour issues.

## Who is this program for?

Parents, carers and/or grandparents of a child aged between 3 and 8 years.

## What is involved?

- **Seminar Series** – 90-minute talks on:
  - children's behaviour
  - the tough part of parenting
  - raising confident children
  - raising emotionally resilient children.
- **Discussion Group** – small, 2-hour groups:
  - misbehaving
  - fighting and aggression
  - bedtime routine
  - hassle-free shopping with children.
- **Group Triple P** – 8-week parenting course.



## Program details:

### Discussion Groups

#### Dealing with Disobedience–

Nov 27<sup>th</sup> (Wed) 9.30 -11.30am- Dardanup Primary School.

48 Hayward Street, Dardanup- Bookings 9721146 (free crèche)

#### Childcare:

Please do not bring babies and children over the age of 6 months to the group. You will need to make your own childcare arrangements for them. Crèche may be available at some venues. (Please check and organise through the venue). You can bring babies into groups for feeding.

Visit [www.healthywa.wa.gov.au/parentgroups](http://www.healthywa.wa.gov.au/parentgroups) for more information.