

Positive Parenting Program (PPP) - Selected PPP

The Positive Parenting Program is an early intervention program recommended for parents and carers of children up to the age of 8 years who would like to learn how to promote their child's development, improve the relationship with their child and manage common behaviour problems.

The Child, Youth and Family Health Unit are offering new information sessions called **Selected Triple P** seminars. There are three 2 hour seminars offered through Selected Triple P. You can choose to have any combination of the seminars - from just one of them to all three of them. Sessions are free.

1. **The Power of Positive Parenting.** This discusses approaches that emphasise the positive when raising children and how to create a family environment that is loving, supportive and predictable. Positive parenting reduces the stress of parenting and makes parenting more rewarding and enjoyable. Behaviour management strategies are included.
2. **Raising Confident, Competent Children.** Here, parents are encouraged to teach children core life skills including being respectful and considerate, communicating well with others, thinking positively and having healthy self-esteem. Children are more likely to be confident, succeed at school and get on well with others when they develop these skills. Behaviour management strategies are not included.
3. **Raising Resilient Children.** Strategies are provided to help children learn to deal with their emotions. Six key skills are discussed: recognising and accepting feelings, expressing feelings appropriately, having a positive outlook, developing effective ways of coping, being able to deal with negative feelings, and being able to manage stressful life events. Behaviour management strategies are not included.

For bookings and enquires please ring Child, Youth and Family Health on 4968 3863.

SESSION DATES AND TIMES ON BACK OF THIS PAGE.



Positive Parenting Program (Triple P) for Parents and Carers

- Could you use some practical tips on how to handle common child behaviour problems?
- Would you like to see your children behave more appropriately?
- Would you like to feel more confident as a parent / carer?
- Do you have children 2 - 8 years of age?

Triple P teaches parents / carers strategies to encourage childrens' social and language skills, emotional self-regulation, independence and problem-solving skills. These skills help to promote family harmony and child self-esteem, reduce adult-child conflict, and foster successful peer relationships as well as positive experiences at daycares and schools. Child, Youth and Family Health is inviting parents and carers to attend Group Triple P.

The group is **free** and all materials are supplied.

FREE CHILDCARE is available.

Each group is held one day each week over four consecutive weeks. All days must be attended.

DATES:

Group 1 - February 17, February 24, March 3, March 10 (Wednesdays)

OR

Group 2 - October 12, October 19, October 26, November 2 (Tuesdays)

TIME: 9.30am - 11.30am

WHERE: Shakespeare Child and Family Centre,
43 Shakespeare Street.

Please phone **4968 3863** for further details and bookings.



Selected PPP 2010

Tuesday - 16/02/10	Raising Resilient Children
Thursday - 15/04/10	The Power of Positive Parenting
Tuesday - 08/06/10	Raising Confident, Competent Children
Tuesday - 10/08/10	Raising Resilient Children
Thursday - 07/10/10	The Power of Positive Parenting
Friday - 10/12/10	Raising Confident, Competent Children

The information session is free and all materials are supplied.

FREE CHILDCARE is available. Please inform staff when you book.

TIME: 9.30am - 11.30am

WHERE: Shakespeare Child and Family Centre,
43 Shakespeare Street.

Please phone **4968 3863** for further details and bookings.

BOOKINGS ARE ESSENTIAL.