



## **TRIPLE P – POSITIVE PARENTING PROGRAM**

# **BACK BY POPULAR DEMAND!**



*“Great seminar and good explanations / examples. Will be back next week!”*

*“Very informative.”*

*“Examples were easy to relate to.”*

*“Well spoken, very funny, useful content.”*

*“Program content is great and you presented fantastically - thank you.”*

*- Praise from Byford parents in 2017*

### **What is Triple P?**

Triple P is a free parenting program that doesn't tell you how to be a parent. It's more like a toolbox of ideas - you choose the strategies you need and the way you want to use them. Triple P has been shown to improve parents' wellbeing and parenting skills, and reduce problem behaviours at home.

### **The Seminar Series**

Three seminars offer simple and practical strategies to help you confidently manage your children's behaviour, prevent problems developing, and to build strong, healthy relationships. It is for **every** parent who has a child between 2 and 12 years old.

**Seminars are free** and will be presented at the West Byford Primary School Library during Term 1, 2018 by Brittany McCarthy (School Psychologist). You can attend one, two, or all three of the seminars.

#### **Seminar 1 – The Power of Positive Parenting**

Principles of positive parenting, realities of raising children, and parenting challenges, such as managing behaviour. Question time included.

*Monday, 12<sup>th</sup> March 2018, 6:30-8:00pm*

#### **Seminar 2 – Raising Confident, Competent Children**

How to support your child to develop six important life skills that will help them to become confident and successful in their lives. Question time included.

*Monday, 19<sup>th</sup> March 2018, 6:30-8:00pm*

#### **Seminar 3 – Raising Resilient Children**

Emotional resilience – what it means, why it is important, and how to support your child to develop these necessary skills. Question time included.

*Monday, 26<sup>th</sup> March 2018, 6:30-8:00pm*

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### **- TO REGISTER -**

Contact Brittany McCarthy directly by phoning 9550 6000 (West Byford PS) Wednesday to Friday, or email

[Brittany.McCarthy@education.wa.edu.au](mailto:Brittany.McCarthy@education.wa.edu.au) by Tuesday 6<sup>th</sup> March 2017, and indicate the following:

- Name
- Contact ph. / email
- Child / children's school, and
- Which sessions you can attend

All sessions will be run at the West Byford Primary School Library. **No on-site child-minding services available.**