



# Triple P Seminars

Parenting Program for Parents/Carers with Children 2 – 10 years old

Triple P Seminars are run over 3 weeks on the following topics:

1. **The Power of Positive Parenting:** Helps parents understand the reasons kids do what they do and gain tools to see more of the behaviour parents like, and less of the behaviour they don't like.
2. **Raising Confident, Competent Children:** Explore how to encourage children to be respectful & considerate, communicate & get on well with others, feel good about themselves and become independent problem solvers.
3. **Raising Resilient Children:** Looks at ways parents can help children manage their emotions so they cope well with disappointment and stressful situations, and grow up dealing with emotions in a healthy way

**DATE:** Wednesdays 3rd, 10th & 17th November 2021

**TIME:** 12:30 pm – 2 pm

**WHERE:** Online via zoom

To book or for more information, contact Peppercorn Children & Families on Ph: 4577 9804 or email [dropin@peppercorn.org.au](mailto:dropin@peppercorn.org.au) by 30th October 2021

## Bookings are Essential

Find out more about Triple P at [www.triplep-parenting.net](http://www.triplep-parenting.net)

TEI Service, Hawkesbury

