

# Triple P Seminars



Having one of those days? Cooking for a food critic?

Bedtime antics wearing you out?

Want to do the best for your children and have an enjoyable family life?

## WHAT'S THE COURSE ABOUT?

Triple P is an approach to parenting that emphasises the positive. These information sessions provide practical everyday solutions to help you with common behaviour and emotional issues.

## WHAT CAN YOU EXPECT?

Through three information sessions we will explore:

- The power of positive parenting: create a family environment that is loving, supportive and predictable
- Raising confident and competent children: supporting your children to develop core life skills
- Raising resilient children: helping your children to learn to deal with their emotions and manage stressful life events.

A 60 minute presentation will be followed by question and discussion time.

## WHAT WILL YOU LEARN?

- Proven parenting strategies to develop a positive and caring relationship with their child
- How to enhance your child's development
- How to take the stress out of parenting and create a stable, supportive and harmonious family

## WHO IS IT FOR?

- Parents/carers of children 2-12 years

## WHAT PEOPLE ARE SAYING ABOUT THE COURSE

“Enjoyed learning strategies for more positive interactions with our kids and breaking the “yelling” cycle.”

“I was able to implement a strategy that I learnt that has totally changed my sons behaviour.”

“Nice to have some things reinforced, and to be reminded of things that need improvement and how they can be improved.”

Three seminars over three weeks – 1 hour 45 minutes each.

### CONTACT:

#### Bookings are essential

For further information on any of our courses or workshops please call 9am–12.30pm, Monday to Friday (07) 5524 8711 or ask at reception.

For more information on the course program go to [www.thefamilycentre.org.au](http://www.thefamilycentre.org.au)

Child minding is available upon request.