



the
**family
centre**

TRIPLE P COURSE



Are you a parent or carer?

Do you sometimes struggle to cope with your child's misbehaviour?

Are there times when you feel like you are not in control?

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. It aims to equip you with the skills and confidence you need to prevent problems before they arise and help your child to reach their full potential.

WHAT CAN YOU EXPECT?

Through information sessions, practical exercises, group discussions and brainstorming we will explore:

- Why children behave as they do
- Your approach and the values and behaviours you want to encourage
- Positive parenting and developing good relationships
- Encouraging good behaviour through a variety of strategies
- Dealing consistently and decisively with problem behaviour and planning for success

You will meet other parents who are focussed on the same thing as you, doing the best for their kids and having an enjoyable family life.

WHAT WILL YOU LEARN?

- Proven parenting strategies to develop a positive and caring relationship with your child
- Principles and techniques that can be used for common behaviour problems
- How to enhance your child's development
- How to take the stress out of parenting

WHAT PEOPLE ARE SAYING ABOUT THE COURSE

“ I very much enjoyed this course and have learnt that I am not alone and other parents out there struggle at times as well . ”

“ Lots of excellent parenting tools and strategies. ”

“ Down to earth' and very approachable staff. Lots of opportunities to talk and share. ”

“ All parents should do this! ”

The course runs over seven weeks including 6 x 2½hour sessions and one telephone session.

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

Child minding is available upon request.