



# Triple P - Positive Parenting Program®

**A FREE program that teaches practical and effective ways to enhance family relationships and manage common child behaviour issues.**

## Who is this program for?

Parents, carers and/or grandparents of a child aged between 3 and 8 years.

## What is involved?

- **Seminar Series** – 90-minute talks on:
  - children's behaviour
    - the tough part of parenting
  - raising confident children
  - raising emotionally resilient children.
- **Discussion Group** – small, 2-hour groups:
  - misbehaving
  - fighting and aggression
  - bedtime routine
  - hassle-free shopping with children.
- **Group Triple P** – 8-week parenting course.



## Program details:

1. Seminar Series, Doubleview House  
Wednesday's 9.30am - 11.30am  
19th, 26th February and 4th March 2020
2. Seminar Series, Floreat All Saints Uniting Church  
Tuesday's 9.30am - 11.30am  
10th, 17th and 24th March 2020

**BOOKINGS ARE ESSENTIAL**

Visit [www.healthywa.wa.gov.au/parentgroups](http://www.healthywa.wa.gov.au/parentgroups)

## Please note:

Unless there is a crèche advertised, only babies under the age of 6 months can attend this group. However, we welcome babies who need breastfeeding during the session. **DO NOT** bring hot food and drinks for safety reasons.

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