

# Positive Parenting Program (Triple P)



This program uses ideas of mindfulness and reflection to support, review and enhance your interaction and connection with your child. Run over three main sessions, topics comprise:

**Session 1 – The power of positive parenting:** Promoting child development and managing behaviour and emotions in a constructive and non-hurtful way.

**Session 2 – Raising confident and competent children:** Six main building blocks (respect, consideration, communication and social skills, self-esteem and problem solving).

**Session 3 – Raising resilient children:** Emotional resilience through recognising feelings and expressing appropriate, positive outlooks, coping skills and dealing with negative feelings.

**Date:** **Wednesday, 17 May: Session 1 – The power of positive parenting**  
**Wednesday, 24 May: Session 2 – Raising confident and competent children**  
**Wednesday, 27 May: Session 3 – Raising resilient children**

**Time:** 12:30 to 2:30 pm

**Venue:** “Wet area, East Waikiki PS” via **Child and Parent Centre – East Waikiki**  
(corner of Carnegie Loop and Murchison Road, Cooloongup)

## PLEASE REGISTER VIA:

### Skoolbag App:



- Click the “App Store” icon on your device
- Search for “Child and Parent Centre East Waikiki”
- Click “install” or “Get and install”

**Email:** [Eastwaikiki@ngala.com.au](mailto:Eastwaikiki@ngala.com.au)

**Telephone:** 9367 0967

**Or, in person at the Centre**

*Supporting families living in the communities of Cooloongup and Rockingham*

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