



Child and Parent Centre
Dudley Park



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: Tuesday, 25 July: **Session 1- Power of positive parenting**
Tuesday, 1 August: **Session 2 - Raising confident and competent children**
Tuesday, 8 August: **Session 3 - Raising resilient children**

Time: 9.30am to 11.30am

Venue: Child and Parent Centre, 3 Kooljack Street, Dudley Park

Creche is available. Bookings essential, please telephone 9537 5603

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