Triple P Seminars

The Triple P – Positive Parenting Program® knows all parents have different needs. That's why Triple P has many different ways for you to get your parenting help. So you can choose what will suit you and your family best.

Who is this for?

- parents of children birth–12

Triple P can help you

- encourage behaviour you like
- deal with problem behaviour
- become confident as a parent
- be realistic about parenting
- take care of yourself

Is this you?

Most of the time, parenting is great fun. You know you are doing a good job. But there are times when things get a little tricky.

Like when your toddler won't eat her dinner. Or your six year old won't pick up his toys. Maybe your child never seems to listen. If only someone could give you some ideas to make those times easier!

If this sounds like you, then Triple P Seminars may suit.

What are Triple P Seminars?

Triple P Seminars are for large groups of parents – perhaps 20 or more. They're informal presentations, a little like a public forum.

There are three seminars in the Triple P Seminar Series. You can choose to do one – or all – of them. They deal with the most common parenting issues we all face.

The topics are:
- The Power of Positive Parenting
- Raising Confident, Competent Children
- Raising Resilient Children

Where do I go for a seminar?

Seminars will usually be organised by a community organisation like a local school, child health centre or a church group and be held in a public space like a clubhouse or hall.

How long will it take?

The seminars last around 90 minutes. There is time at the end for your questions, but you won't have to speak up if you don't want to. It's your choice. There's also no homework and no follow up. It is designed to be a brief introduction to the Triple P strategies. But you will *definitely* get some great ideas to take home and try out on your family!