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Positive Parenting Program (3-8 years old) **Term 1**

A parenting program for parents of children aged from 3 to 8 years.
(Grandparents and other carers are welcome to attend Triple P too!)
Parents are invited to learn:

- Effective parenting strategies
- Ways to encourage behaviour you like
- How to promote your child's development
- How to prevent or manage common child behaviour problems

Group Triple P: This program looks at ways to help parents deal with:
* Tantrums * Mealtimes * Bullying * Bedtimes * How to say 'no'
* Whinging * Disobedience * Hurting others

The Group Positive Parenting Program runs for 8 weeks:

- A 2½hour workshop session once a week for 4 weeks.
- 15 minute follow-up telephone call session once a week for 4 weeks.

A commitment to attend all 4 group sessions is required.

Venue	Program	Date	Time
Carey Park Primary, Ecclestone Street Bunbury	Group PPP	Feb 11, 18, 25 & March 4 then Phone Calls: March 11, 18 25 & April 1	Wednesday 12 - 2.30pm
Bunbury Community Health, 24A Hudson Rd	Seminar Series Triple P	No Creche Available March 10, 17 & 24	Evening Tuesday 6pm - 7.30pm

The three week **Seminar Series Triple P** program will cover:

These seminars introduce parents to the key concepts of:

- Seminar 1- Positive parenting,
- Seminar 2- Raising confident, competent children
- Seminar 3- Raising resilient children.

Parents can attend one, two or all three seminars.



Delivering a Healthy WA



Bookings are Essential for these FREE programs

Free Creche available

Please call

1800 457 949

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