



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?

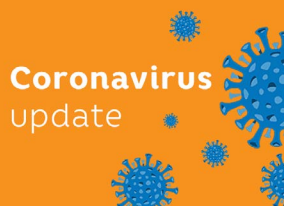
- **Seminar Series** – 90-minute talks on:
 - children's behaviour – the tough part of parenting
 - raising confident children
 - raising emotionally resilient children.
- **Discussion Group** – small, 2-hour groups:
 - misbehaving
 - fighting and aggression
 - bedtime routine
 - hassle-free shopping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



Program details:

How do I book?

Ask your child health nurse or visit healthywa.wa.gov.au/parentgroups.



To help us all stay healthy, please remember:

- Practise physical distancing.
- Do not attend if you are feeling unwell or need to self-isolate.

If you need to cancel your booking, contact your Child Health Nurse or the **Child Health Booking System** on **1300 749 869** (metro only).

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.