**What is Triple P?** Some of the most common parenting problems have very simple solutions – and now, the Triple P – Positive Parenting Program is here to share those solutions. Triple P is a world-acclaimed program that gives parents skills to raise confident, healthy children, manage misbehavior and prevent problems from happening in the first place. From toddler tantrums to a teenager’s defiance, from bedtime dramas to outright disobedience, Triple P helps parents sort through the big and small issues of family life. And the really good news is that Triple P does work. It’s got more than 30 years of ongoing scientific research to back it up and is now used in 25 countries. Triple P is a parenting program, but it doesn’t tell you how to be a parent. It’s more like a toolbox of ideas. you choose the strategies you need. You choose the way you want to use them. It’s all about making Triple P work for you.

**How do you do Triple p’s positive parenting program?**

**Triple P Practitioner**, Joanne Wygiera from Alberta, Canada will lead the following 3 Sessions:

Seminars to introduce the Triple P strategies that you can take home and try:

* The power of positive parenting (1 ½ hour presentation) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Raising Confident, Competent Children (1 ½ hour Presentation) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Raising Resilient Children (1 ½ hour Presentation) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

and/or

2 Hour Relaxed DIscussion group where you will receive tips and suggestions and a take-home workbook with simple exercises and information.

* dealing with Disobedience \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

HAPPIER FAMILIES. BETTER RELATIONSHIPS.

SUCCESSFUL KIDS. IT ALL STARTS HERE!

Triple P is the flexible, practical way to develop skills, strategies and confidence to handle any parenting situation. It's backed by decades of research. And it's already helped more than 4 million children and their parents.

**Professional Development**

**No other parenting program in the world has an evidence base as extensive as that of Triple P. It is number one on the United Nations' ranking of parenting programs, based on the extent of its evidence base.**

What would it look like if there was consistency in how we deal with children’s behaviour in schools and at home?

Triple P Practitioner, Joanne Wygiera from Alberta, Canada will share her experience of Triple P and its strategies that Parents use at home and implement those same 17 strategies in the classroom.

*One session of 1 ½ hours minimum up to 3 hours depending on desire. The longer session provides chance for questions, hands on activities, and role playing to be added into the session. The minimum session will run through what Triple P is, how and who it is delivered to and, how it can be used in the schools as a tool for teachers dealing with everyday children’s behaviour. If we extend the time, we can touch on specific strategies for children with disabilities as well.*

SUCCESSFUL KIDS. IT ALL STARTS HERE