

'Triple P' Discussion Groups



iosis.

Transforming family
life for good

Our discussion groups offer suggestions and ideas on positive parenting to help you deal with day-to-day challenges and promote your child's development.

www.iosis.org.nz

**112C Russell Road, Manurewa, Auckland
Phone 269 0050 enquiries@iosis.org.nz**

Triple P is one of the few parenting programmes in the world with evidence to show it works for most families.

The Positive Parenting Program (Triple P)



Length of Course

Once a week for 4 weeks

Topics

Week 1 – Dealing with disobedience

Week 2 – Bedtime Routines

Week 3 – Hassle Free Shopping

Week 4 – Managing Fighting & Aggression

> This program is suitable for parents who have at least one child in the home.

> Each week is a stand-alone session in which you will develop a personalised plan around the topic.

> Miss a session? Make it up when the topic is on next.

Cost

The discussion sessions are free.

When

Term 2, 2024

Tuesdays 10.00am to 12.00pm

Starts: 7 May 2024

Ends: 4 June 2024

(no session on 14th May)