

# 'Triple P' Discussion Groups

The Positive Parenting Programme



**iosis**  
transforming  
family life for good

Our discussion groups offer simple tips and strategies to help manage the big and small challenges of family life. You will be supported to create a personalised plan aimed at building relationships, encouraging good behaviour and managing the not-so-good.

[www.iosis.org.nz](http://www.iosis.org.nz)

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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)



## Course Content

- Topic 1 Dealing with disobedience
- Topic 2 Developing good bedtime routines
- Topic 3 Hassle-free shopping
- Topic 4 Managing fighting and aggression

## Length of Course

Once a week for 4 weeks online

- > 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 3 2020 Dates

Fridays 9:30am - 11:30am

Start: Friday 31st July 2020

Ends: Friday 21st August 2020

Online sessions only