

'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

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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 (2 hours per topic)

- > 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 4, 2022 Dates

Fridays 9:30am - 11:30am

Starts: 28th October 2022

Ends: 18th November 2022