

'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

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)



Course Content

- Week 1 Dealing with disobedience
- Week 2 Hassle Free Shopping
- Week 3 Group Discussion
- Week 4 Hassle Free Mealtimes
- Week 5 Bedtime Routines
- Week 6 Group Discussion
- Week 7 Fighting and Aggression
- Week 8 Group Discussion

Length of Course

Once a week for 8 weeks

- > 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 3, 2023

Fridays 9:30am - 11:30am

Starts: 28th July 2023

Ends: 15th September 2023

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