

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 term.

Cost

The discussion sessions are free.

When

Term 1, 2019

Fridays, 9:30am - 11:30am

Starts: 8th February 2019

Ends: 1st March 2019

Please be on time, doors will close at 9:40am.