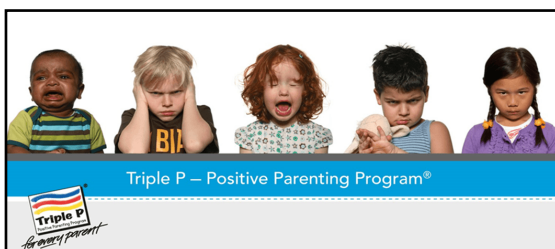




Registration:

To register your interest in attending this course please go to www.ntk.org.nz - scroll down to Parent Support or let your Kindergarten Teacher know so they can assist you with this.

**Registrations Close:
Monday 30th
October**



"Triple P was the best thing I could have done when my kids were little as it made me feel confident about how I was parenting and I continue to use the strategies now even though my kids are teenagers." Sally Roberts

"In the Triple P course I learnt to deal with all the behaviors that my children came up with. When ever things went to custard—I would get the book out and see what I needed to do to make things calm and good again." Verity Hatton

Nelson Tasman Kindergartens
200 Hardy Street
PO Box 360,
Nelson 7010
www.ntk.org.nz

Triple P Parenting course



Nelson Tasman
KINDERGARTENS
NGA KOHUNGAHUNGA MAI WHAKATU KI AORERE
For the best possible start

Course Dates

- Session 1: Monday 6th November
- Session 2: Monday 13th November
- Session 3: Monday 20th November
- Session 4: Monday 27th November

7.00—9.00 pm

Whanau Room

Birchwood Primary School,
15 Durham Street,
Stoke.

\$30.00 per couple (to cover the cost of a family workbook)



Triple P takes the guesswork out of parenting...

Click here to find out more!



Introduction

Triple P is a scientifically researched family support strategy designed to help parents improve their parenting skills and build positive relationships with their children. The program was developed by clinical psychologist Professor Matthew Sanders and colleagues from the School of Psychology at The University of Queensland.

Triple P aims to make parenting easier. Parenthood can be extremely rewarding, enlightening and enjoyable. It can also be demanding, frustrating and exhausting. Parents have the important role of raising the next generation, yet most people begin their careers as parents with little preparation, and learn through trial and error. The challenge for all parents is to raise healthy, well-adjusted children in a loving, predictable environment.

There is no single right way to be a parent and there are many different views on how parents should go about raising their children. Ultimately parents need to develop their own approach to dealing with their children's behavior. Triple P has been helpful for many parents and will give useful ideas to help meet the challenges of raising children.

During the Group Sessions, parents will watch segments of Every Parents Survival Guide, a DVD which provides a general overview of positive approaches to parenting with step by step expla-

nations and demonstrations of a variety of parenting strategies.

Participants are invited to play an active role by participating in group session and completing associated homework tasks. The program has been set up to make sure you have the necessary information and skills needed to practice the strategies as soon as possible. Each participant (couple) receives a workbook which you will work through and has valuable information you will be able to refer back to.

"Triple P was the best thing I could have done when my kids were little as it made me feel confident about how I was parenting and I continue to use the strategies now even though my kids are teenagers." Sally Roberts

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Brenda Holdaway is an accredited Triple P Facilitator and has delivered a number of courses over the past 20 years.



Parents, stay positive!



Triple P Positive Parenting Program
for every parent