



**Brilliant
Parents**

Transforming
Children's Lives

Triple P Seminar

The power of positive parenting



Triple P Seminar – The Power of Positive Parenting
Wednesday 8th November 2023
1.30pm - 3pm
St. Matthew's C.E. Primary School
High Street, Yiewsley, Middlesex UB7 7QJ

IS THIS YOU?

Most of the time, parenting is fun. You know you are doing a good job, but sometimes you find parenting demanding, frustrating and exhausting.

Do you know that in order to raise a healthy, well-adjusted child to have the skills and confidence they need to succeed at school and in their relationships with others, they need a safe, secure and loving environment?

Triple P (Positive Parenting Programme) reduces the stress of parenting and makes parenting more rewarding and enjoyable by helping you:

- Create a warm, loving, safe environment for your child
- Use positive strategies to encourage your child's learning

- Use assertive discipline to help your child take responsibility for their actions
- Have reasonable expectations of both your child and yourself
- Take care of yourself by looking after your own needs, balancing work and family responsibilities, challenging negative thinking and working as a team

In around 90 minutes, this seminar will leave you feeling more confident and competent and ready to deal with the challenges that raising a child can bring.

**For further information - please contact
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email
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