

Triple P Seminar

The power of positive parenting



Triple P Seminar – The Power of Positive Parenting
Thursday 21st September 2023
1.30pm -3pm
Lady Bankes Primary School
Dawlish Drive, Ruislip Middlesex HA4 9SF

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
 Annmarie Fevrier on 020 3490 7007 or
 email
enquiries@brilliantparents.org**