



Free online parent workshops Term 2, 2024 Calendar

Facilitated by school psychologist consultants with the Triple P and Child and Parent Centre teams

The Triple P and Child and Parent Centre teams are excited to offer a series of free online workshops for families. The Triple P - Positive Parenting Program gives parents and carers ideas and strategies to help their child develop the skills and behaviours they need for a healthy childhood. To learn more about Triple P, visit the [Education in WA](#) website.

How to register

Scan the QR code or click/type the link below into your browser:
<https://forms.office.com/r/HaYJuCciQf>



Registration is essential to attend online workshops and will close 24 hours before the scheduled workshop. You will be sent an email with information and a link to join on the morning of the workshop. We would recommend downloading the [Webex app](#) ahead of the workshop.

If you would like to register for other Triple P workshops, please visit the [Triple P in WA](#) website and search for upcoming sessions by location. Parents can also access a range of [Triple P Online](#) programs for free.

Date and time	Workshop
Tuesday 7 th May 8pm – 10pm	<p>Sharing and getting along (Toddlers) Toddlers may bite, scratch or throw while they are learning how to manage their emotions and learning to use words. In this session we will help you, to help your child, to learn how to express their feelings in calm, non-hurtful ways. We will make suggestions about how to teach your toddler skills for getting along with others.</p>
Tuesday 14 th May 7pm - 9pm	<p>The power of positive parenting (under 12 years) Children of all ages need a safe, secure and loving environment to do well. This seminar will discuss children’s behaviour, how to create a safe, interesting and positive learning environment, how to use assertive discipline, and taking care of yourself as a parent.</p>

<p>Tuesday 21st May 8pm – 10pm</p>	<p>Overcoming fears (3-8 years) Fears are common in childhood and a normal part of growing up. In this session we will talk about how to respond in helpful ways to anxious feelings and help you to support your child to process and manage emotions. We will provide suggestions to help develop your child's resilience and reduce their fears.</p>
<p>Tuesday 28th May 7pm – 9.30pm</p>	<p>Fear-Less: Supporting children with anxiety (6-14 years) Everyone feels anxious at times, even children and teenagers. But anxiety may cause distress and get in the way of life. This seminar will help parents to understand how anxiety works, how to manage your child's anxiety effectively and teach your child new coping skills.</p>
<p>Tuesday 4th June 8pm – 10pm</p>	<p>Learning to cooperate (2-5 years) As children become more independent and test boundaries, we can help them to accept limits and cooperate with instructions. In this session we will talk about supporting little people to calm, setting rules, encouraging listening and how to respond to uncooperative behaviours.</p>
<p>Tuesday 11th June 7pm - 9pm</p>	<p>Promoting digital wellbeing (10-16 years) One of the challenges for parents is knowing how to monitor and manage their teenager's use of technology, such as the internet, websites, social media, smart phones and other communication devices. This workshop will help you set rules and appropriate limits to encourage responsible, safe use of these evolving opportunities.</p>
<p>Tuesday 18th June 7pm - 9pm</p>	<p>Raising responsible teenagers (10-16 years) This seminar will cover six 'key ingredients' to help your teenager become a responsible and independent young adult: taking part in family decision-making, being respectful and considerate, being involved in family activities, developing a healthy lifestyle, being reliable, and being assertive.</p>



Child and Parent Centres