

Free online parent workshops

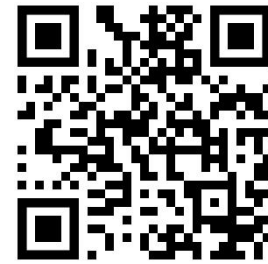
Term 3, 2024 Calendar

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/qUzPu8xhvt>



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. Please note that these webinars are unable to be recorded.

Date and time	Workshop
Tuesday 23 ^d July 8pm – 10pm	Healthy screentime habits (pre-schoolers and primary schoolers) Raising children in a digital age brings both benefits and risks for children and parents. The challenge is to manage the amount of time children spend on screens and keep them safe, as well as ensuring they take part in a range of other activities that are vital for their development. This presentation gives some suggestions to help you establish healthy screen time habits and routines, and deal with any conflict over screen time.
Tuesday 30 th July 8pm – 10pm	Expressing feelings without aggression (pre-schoolers) All children get upset and fight sometimes. This can happen because they are still learning how to manage their emotions, get along with others, and solve problems calmly. In this session, we will talk about responding to your child's frustration and anger and suggest ideas that will help them express themselves in non-hurtful ways.

Tuesday 6 th August 7pm – 9pm	Making and keeping friends (10-16 years) Peer relationships become increasingly important during the teenage years, and parents may find it difficult to navigate and adjust to these changes in relationships. This session will provide suggestions on how to support your child to make friends, encourage positive relationships with peers, set appropriate boundaries and deal with challenges that may arise.
Tuesday 13 th August 7pm – 9pm	Raising competent teenagers (10-16 years) A challenge for parents is knowing how to encourage your teen to make the most of their time at school. This session will provide some ideas on how to help teens develop the skills they need to become competent young adults. We will cover six key ingredients: developing self-discipline, being a good problem solver, establishing routines, getting involved in school activities, following school rules and having supportive friends.
Tuesday 20 th August 8pm – 10pm	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.
Tuesday 27 th August 8pm – 10pm	Promoting self-esteem (pre-schoolers, primary schoolers and teens) As children grow up they form views of themselves as a person, their value as an individual and how good they are at doing things. This view of their self-worth is called self-esteem. This session will help you encourage your child to be confident and develop healthy self-esteem.
Tuesday 3 rd September 8pm – 10pm	Learning to separate (toddlers and pre-schoolers) All children have to learn to cope with temporary separations from their parents. Shyness around new people and anxiety about separation from parents is common in toddlers and pre-schoolers. This session will help you teach your child to be comfortable around others and calmly separate from you, into the care of another trusted adult/caregiver.
Tuesday 10 th September 7pm – 9.30pm	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.
Tuesday 17 th September 8pm – 10pm	Learning to use the toilet (toddlers and pre-schoolers) Teaching children to use the toilet independently can be challenging for parents. This workshop will provide tips on when your child may be ready, the skills needed to use the toilet, and some common behavioural issues related to using the toilet. This workshop is suitable for parents of children with neurotypical development and does not address any medical problems related to using the toilet.



Child and Parent Centres