



DISCUSSION GROUP DATES AND LOCATIONS

From 10am-12pm @ Friendship House, 20 Putney Way, Manukau

Thursday, 05 August 2021

Thursday, 19 August 2021

Thursday, 02 September 2021

Thursday, 16 September 2021

Dealing with Disobedience

Hassle-free Outings with Children

Managing Fighting & Aggression

Developing Good Bedtime Routine

From 10am-12pm @ Fresh Minds, L2, Westfield Manukau Mall

Friday, 06 August 2021

Friday, 20 August 2021

Friday, 03 September 2021

Friday, 17 September 2021

Developing Good Bedtime Routine

Managing Fighting & Aggression

Hassle-free Outings with Children

Dealing with Disobedience

Please contact 0800 356 111 or email triplep@freshminds.co.nz to register

Families can get free access to the world-acclaimed Triple P – Positive Parenting Program in areas serviced by the District Health Boards of Bay of Plenty, Counties Manukau, MidCentral and Waitemata. The delivery of Triple P is co-ordinated by Werry Workforce Whāraurau, a workforce development organisation. The lead agencies in each region are Kaitiaki Nursing Service (Bay of Plenty), ACROSS Social Services (MidCentral), Freshminds by ProCare (Counties Manukau) and Te Whānau o Waipareira (Waitemata).



PROVEN PLANS TO SOLVE COMMON PARENTING PROBLEMS



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WWW.TRIPLEP-PARENTING.NET.NZ/NORTH-ISLAND



TRIPLE P – POSITIVE PARENTING PROGRAM DISCUSSION GROUPS



Mō te katoa o ngā mātua



Mō te katoa o ngā mātua

YOU'LL LOVE WHAT TRIPLE P CAN DO FOR YOUR FAMILY



Raise happy, confident kids. Guide your child's behaviour without shouting or arguments. Set family rules that everyone follows. Get along better with your kids, and feel less stressed. This is just a taste of what you can do with the Triple P – Positive Parenting Program!

IS THIS YOU?

A child who has a tantrum in the supermarket. One who will not go to bed without a battle. The kid who is often disobedient, or the one who bites, hits or fights. If your child fits any of these descriptions, Triple P Discussion Groups can help. Triple P Discussion Groups will give you practical advice for tackling specific problem behaviours.

WHAT ARE TRIPLE P DISCUSSION GROUPS?

Triple P is a parenting programme packed with simple tips to make raising kids easier. Triple P Discussion Groups are short Triple P sessions run by a trained practitioner.

Each session brings together about 10 or 12 parents who have the same parenting issue. There are four topics to choose from:

- Dealing with disobedience
- Developing good bedtime routines
- Managing fighting and aggression
- Hassle-free shopping with children

WHAT HAPPENS AT A TRIPLE P DISCUSSION GROUP?

In a relaxed session, your practitioner gives you tips to help you deal with your child's problem behaviours. You will make a plan to deal with the problems when they occur. You also get a take-home workbook with simple exercises and more tips.

HOW LONG DOES IT TAKE?

A Discussion Group only takes two hours, but can change your life! You can do just one Triple P Discussion Group (covering the topic of your choice), or as many as you like – it's up to you!

WILL TRIPLE P WORK FOR ME?

Triple P works! Research from around the world shows Triple P can help most families. In fact, Triple P has already helped more than 4 million children and their families.

HOW CAN I GET TRIPLE P?

Triple P is free for parents and caregivers in the Bay of Plenty, Counties Manukau, MidCentral and Waitemata regions. Talk to your child's kindy or school, ask your doctor or other family support agency, or go to www.triplep-parenting.net.nz/north-island.



PARENTS SAY...

Pepe, mother of three, aged 2, 5, & 10 years. (attended the "Dealing with disobedience" session)

"Right away with Triple P I could see how I could change my approach, how I could give instructions differently, how we could respond more positively to the kids, plan things better, follow things through. And as we changed the way we talked to them and how we reacted to them and thought more about using the Triple P tips, things changed around very quickly. It wasn't hard to do but what a difference it's made!"

