

Small changes, big differences.



Group Triple P

For parents of children aged 2-11 years old. The course will assist if you have specific concerns about your child's development or behaviour.

It is delivered through group discussions, parent workbook and homework. The course will assist if you have specific concerns about your child's development or behaviour.

Positive Parenting – using assertive discipline, having reasonable expectations, looking after yourself as a parent

Raising confident, competent children -Showing respect for others, being considerate, having good communication and social skills, having healthy self-esteem, being a good problem solver and becoming independent

Raising resilient children- recognising and accepting feelings, expressing things appropriately, building a positive outlook, developing coping skills, dealing with negative feelings, dealing with stressful life events.
