

Parenting Seminars

Effective Parenting Approach to
Raising Your Child!

Triple P

Positive Parenting Programme



Triple P Level 2 seminars are designed to provide an introduction to the principles of positive parenting and are packed with simple ideas to help make raising kids easier.

Triple P Level 2 Seminar Series

Seminar 1: The Power of Positive Parenting
Seminar 2: Raising Confident, Competent Children
Seminar 3: Raising Resilient Children

What is Triple P ?

The Positive Parenting Programme (Triple P) is a parenting and family support strategy designed to prevent behavioural and emotional problems in children.

What does it offer?

Simple and practical strategies to help you confidently manage your children's behaviour, prevent problems developing and build strong, healthy relationships.

Why is it effective?

- ▶ One of the most effective evidence-based* parenting programmes in the world.
- ▶ It offers parents preventive programmes of different intensity to meet their needs.
- ▶ Effective in reducing child behavioural problems and improving parental self-efficacy and satisfaction.
- ▶ Implemented in 25 countries such as Australia, Japan and Hong Kong.

*Evidence-based programmes are programmes which are peer-reviewed by experts in the field and are recognised by a respected research organisation, and included in their list of effective programmes.

