

# Triple P - Positive Parenting

**TUESDAY, OCTOBER 6, 2015**

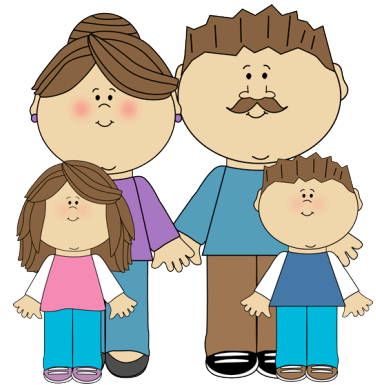
TRIPLE P DISCUSSION GROUP— DEVELOPING GOOD BEDTIME ROUTINES  
TIME: 6–8PM LOCATION: DISTRICT OFFICE

**TUESDAY, OCTOBER 20, 2015**

TRIPLE P DISCUSSION GROUP— DEALING WITH DISOBEDIENCE  
TIME: 9:15–11:15AM, 1–3PM & 6–8PM LOCATION: DISTRICT OFFICE

**TUESDAY, NOVEMBER 17, 2015**

TRIPLE P DISCUSSION GROUP— HASSLE FREE SHOPPING WITH CHILDREN  
TIME: 9:15–11:15AM, 1–3PM & 6–8PM LOCATION: DISTRICT OFFICE



**WEDNESDAYS, JANUARY 13, 20, 27 &  
FEBRUARY 3, 10, 17 & 24, 2016**

TRIPLE P EVERY PARENT GROUP/STEPPING STONES GROUP  
THIS IS AN 7 WEEK PROGRAM.  
TIME: 9:15–11:45AM, 6–8:30PM LOCATION: DISTRICT OFFICE

**TUESDAY, JANUARY 19, 2016**

TRIPLE P DISCUSSION GROUP— DEALING WITH FIGHTING & AGGRESSION  
TIME: 9:15–11:15AM, 1–3PM & 6–8PM LOCATION: DISTRICT OFFICE

**TUESDAY, FEBRUARY 23, 2016**

TRIPLE P DISCUSSION GROUP— DEALING WITH DISOBEDIENCE TIME: 9:15–11:15AM,  
1–3PM & 6–8PM LOCATION: DISTRICT OFFICE

**TUESDAY, MARCH 8, 2016**

TRIPLE P DISCUSSION GROUP— DEVELOPING GOOD BEDTIME ROUTINES TIME:  
9:15–11:15AM, 1–3PM & 6–8PM LOCATION: DISTRICT OFFICE

**TUESDAY, APRIL 19, 2016**

TRIPLE P DISCUSSION GROUP— FIGHTING AND AGGRESSION  
TIME: 9:15–11:15AM, 1–3PM & 6–8PM LOCATION: DISTRICT OFFICE

**TUESDAY, MAY 10, 2016**

TRIPLE P DISCUSSION GROUP— HASSLE FREE SHOPPING WITH CHILDREN  
TIME: 9:15–11:15AM, 1–3PM & 6–8PM LOCATION: DISTRICT OFFICE



THESE SESSIONS ARE OFFERED  
TO SUPPORT OUR COMMUNITY  
OF PARENTS! SHARE THE  
INFORMATION WITH YOUR  
SCHOOL FAMILIES.

To register for one or more Triple P Programs please contact us via  
[triplep@spschools.org](mailto:triplep@spschools.org) (780)460.3712 ext 375

## Triple P Discussion Group:

### DEVELOPING GOOD BEDTIME ROUTINES

In this session, we will focus on helping parents set bedtime routines, and parents will learn strategies to deal with problems that happen at bedtime or during the night.

### DEALING WITH DISOBEDIENCE

In this session, parents will learn positive parenting strategies to teach your child to accept limits, and to understand the meaning of the word 'no'. By the end of the session you will have developed a personal plan for dealing with disobedience in your family.

### HASSLE FREE SHOPPING WITH CHILDREN

In this session, parents will learn some strategies to avoid shopping hassles, to teach your child to behave responsibly on shopping trips, and to make it easier on you as a parent

### DEALING WITH FIGHTING & AGGRESSION

In this session, you will be introduced to some positive parenting strategies to help you prevent problems by teaching your child to play nicely, and resolve problems, and manage those times when children lose their cool.

## Triple P Every Parent Group/Stepping Stones Group

is a great opportunity to meet other parents in similar situations – other parents who'll support you and share stories with you.

From the start, you'll be given tips and suggestions to fit the needs of your family. You'll see scenes from the Every Parent's Survival Guide DVD, which show you how the ideas work in real life. And your workbook will give you the tools and information you need to start positive parenting right away at home. Your Triple P provider will guide you every step of the way and even provide backup phone support as you put your new skills into practice.