



Triple P Positive Parenting Seminar Series

For parents of children birth to 12 years of age

Kids don't come with an instruction manual! Many familiar parenting problems have very simple solutions that can be applied with some effort and focus. Triple P's easy-to-understand and practical strategies have been shown to help families in all types of situations.

Location: Westminster Public School
366 Mullen Drive, Thornhill L4J 2P3

Free Seminars and Dates

May 13, 2015 7:00 p.m. – 9:00 p.m.

Raising Resilient Children

- Recognize and accept feelings
- Express their feelings appropriately
- Build positive feelings
- Deal with negative feelings
- Deal with upsetting or stressful life events

May 27, 2015 7:00 p.m. – 9:00 p.m.

Managing Behaviour with Assertive Discipline

Assertive discipline helps children understand that their behavior always has consequences and that those consequences are carried out in a predictable, loving environment. Assertive discipline helps children learn to accept responsibility for their behavior, develop self control and helps them learn to consider the feelings and needs of others.

- Five Positive Principles to encourage building positive relationships
- Building a Positive Bank Account
- Importance of being emotionally available to children
- Possible causes of misbehavior
- Identifying "Parenting Traps" and escalation cycles
- Establishing Family Rules
- How and when to give instructions and requests
- Strategies for managing misbehavior and guiding/teaching appropriate behavior

To register and for further information contact:

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This presentation is brought to you by Westminster P.S. in partnership with Blue Hills Child and Family Centre and York Region District School Board.