

**Free 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.

## Positive Parenting Programme 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 is recognised by a respected research organisation, and included in their list of effective programmes.

