



positive PARENTING



Take the stress out of parenting

A series of 3 free engaging and informative workshops
for parents with children aged 3 to 12 years

Workshop 1. The Power of Positive Parenting 6:30-8:30pm, Wed 7 August 2019

Ensuring a safe engaging environment - Creating a positive, learning environment - Using assertive discipline - Having reasonable expectations - Looking after yourself as a parent

Workshop 2. Raising Confident and Competent Children 6:30-8:30pm, Wed 14 August 2019

Showing respect to others - Being considerate - Having healthy self-esteem - Having good communication and social skills - Being a good problem solver - Becoming independent

Workshop 3. Raising Resilient Children 6:30-8:30pm, Wed 21 August 2019

Recognising and accepting feelings - Building a positive outlook - Developing coping skills - Expressing feelings appropriately - Managing negative feelings - Managing stressful life events

Light refreshments provided

Where: Brighton Primary School
1 Highet Avenue, Brighton (in the STEM room)

To book: <https://www.trybooking.com/522739>

Everyone is welcome, however *bookings are essential*

*** Please arrive 10 minutes earlier for registrations ***

Delivered by the Department for Education's Parenting and Family Support Team

If you can't make these times, www.triplep-parenting.net.au/sa lists all our upcoming workshops



Happy families. Better relationships. Successful kids.



Government of South Australia

Department for Education

