



*for every parent*

## **CHILDREN'S BEHAVIOUR: THE TOUGH PART OF PARENTING**

Evidence based Parenting Programmes have proven their effectiveness with Tantrums, Fighting, Bedtime and Sharing

For parents of children aged 3-9 years  
We are running 3 seminar presentations – each concluding with question time for discussion

Book your free seminar session today

**3 Seminar sessions  
(90 minutes each)**

**Free Triple P tip sheets to take home**

**Raising Resilient Children**

For more information on Seminar dates please contact:

Debbie McEwan on 01628 685615

The Royal Borough



**Windsor &  
Maidenhead**



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# FREE Positive Parenting Workshop

## Who is the Workshop for?

Most of the time, parenting is great fun. You know you are doing a good job. But there are times when things get a little tricky.

Like when your toddler won't eat her dinner. Or your six year old won't pick up his toys. If only someone could give you some ideas to make those times easier!

If this sounds like you, then a Triple P Workshop can help.

## What is Triple P?

Triple P ("Positive Parenting Program") is a parenting programme that suggests small changes that can make a big difference to your family.

Triple P gives parents the skills to raise confident, healthy children, and to build stronger family relationships. It helps parents manage misbehaviour and prevent problems occurring in the first place.

But it doesn't tell people how to parent. Rather, it gives simple and practical strategies that can be adapted to suit your own values, beliefs and needs.

And with over 30 years of university research to back it up, you can be sure Triple P works for the majority of families.

## What happens at a Workshop?

It's an informal presentation, a bit like a forum. It lasts for about an hour and a half. There is time at the end for your questions, but you won't have to speak up if you don't want to! It's your choice. There's also no homework and no follow up.

