



## **EVERYDAY TIPS FOR EVERYDAY PARENTS**

*Held In our New Hall at Macksville Public School*

Ever wish there was a less stressful and more successful way to parent? Ever wonder what happened to the parenting manual you hoped you'd receive when your child was born?

**Triple P** - may not be "The Manual" but it is the closest thing to it!

**Triple P** - is the Australian developed, Positive Parenting Program which has over 30 years of evidence based success. It is currently used in 24 countries, with material available in 18 different languages.

**Triple P** - aims to promote positive, caring relationships between parents and their children (aged 3 to 8 years) by providing tips on how to prevent and/or deal with everyday parenting issues.

Nambucca/Bellingen Family Support Service, supported by Families NSW, will be holding three Triple P seminars at the Macksville Public School in May 2012.

Seminars will be held between 10am and midday on the following days, with morning tea provided;

Wednesday 16<sup>th</sup> May - **"The Power of Positive Parenting"** – includes information about the use of assertive discipline, realistic expectations and taking care of yourself.

Wednesday 23<sup>rd</sup> May – **"Raising Confident, Competent Children"** – includes information on how to help children develop skills, values and a healthy self-esteem