

# Free! Summer Virtual Parenting Workshops 2021



- ☑ Each week will cover a different topic led by a parenting practitioner
- ☑ Using strategies from the national Triple P course (Positive Parenting Program)
- 👤 **Virtual** sessions - come along to any one workshop a week
- 💻 You will need your own access to a computer, tablet or smartphone and the Internet
- ↓ Limited spaces - register your interest (see below)



## Week One

Tuesday 3 August  
10am to 11.30am

Or

Thursday 5 August  
5pm to 6.30pm

## Week Two

Tuesday 10 August  
10am to 11.30am

Or

Thursday 12 August  
5pm to 6.30pm

## Week Three

Tuesday 17 August  
10am to 11.30am

Or

Thursday 19 August  
5pm to 6.30pm

### Week One

#### What is Positive Parenting? (5-17 years)

Understanding why children and teenagers behave the way they do, creating a safe and engaging family environment, using assertive discipline and how to take care of yourself as a parent.

### Week Two

#### Helping children develop (5-11 years)

Developing a good relationship with your child, encouraging good behaviour, teaching new skills and behaviours.

### Week Three

#### How to promote co-operation (12-17 years)

Encouraging appropriate behaviour and developing positive relationships with teenagers, increasing desirable behaviour, teaching new skills and behaviours.

## How to register

Please email the following information to [medwayparenting@medway.gov.uk](mailto:medwayparenting@medway.gov.uk)

- ★ your name
- ★ contact number
- ★ sessions you wish to attend (date and time)

Or call 01634 336238

### Please note

- This is not the full Triple P course, and you will not receive a certificate.
- These sessions are for adults only (no children can be present).
- Sessions will take place on Microsoft Teams - you will receive a link a few days before.