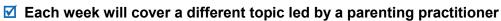
# Free! Summer Virtual Parenting Workshops 2021



- ☑ Using strategies from the national Triple P course (Positive Parenting Program)
- <sup>™</sup> <u>Virtual</u> sessions come along to any one workshop a week
- L You will need your own access to a computer, tablet or smartphone and the Internet
- Limited spaces register your interest (see below)



### 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

- ★ 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.

