



Triple P – Positive Parenting Program
in New Zealand



Raise happy, confident kids. Guide your child's behaviour without shouting or arguing. Set family rules that everyone follows. Get along better with your kids and feel less stressed. This is just a taste of what you can do with the Triple P – Positive Parenting Programme!

What are Triple P discussion groups?

A discussion group is an opportunity for a small group of parents to come together to discuss and learn about a challenge they are all experiencing. The groups will be facilitated by an accredited Triple P practitioner.

What happens at a discussion group?

In a relaxed group session, your practitioner will give you tips and suggestions for dealing with your teen's problem behaviour. You'll see short video clips showing other parents successfully dealing with the same issue and have the opportunity to talk with the other parents about the video. You'll also be given a take-home workbook with simple exercises and information to help you try your new strategies at home.

How long do the sessions take?

Discussion groups run for two hours. There are four topics to choose from, you can attend just one or all four, it's up to you!

Will Triple P work for me?

Triple P works! Research from around the world shows Triple P can help most families. In fact, Triple P has already helped more than 4 million children and their families.

How can I get Triple P?

Together with the Ministry of Health and the Werry Centre, Triple P is available in our Community of Learning through Pakuranga College. Please turn over for information on upcoming discussion groups.



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Dates for discussion groups will be announced each term

Term 1 discussion groups for parents of children in Year 9–Year 13

Topics

- Getting teenagers to cooperate
- Reducing family conflict

Dates

- Wednesday March 24th
- Wednesday April 14th

Venue

All discussion groups will be held at Pakuranga College. Further details on exact location will be sent to you on registration.

Time

Available times will be given to you via email.

Registration & information

If you wish to attend any of the above workshops, or would like some further information, please email parentingsupport@pakuranga.school.nz.

Refreshments will be provided. Please note that children should not attend the discussion groups.

All discussion groups are free to attend.

For further information: <https://www.triplep-parenting.net.nz/>