



HILLINGDON

LONDON

The Triple P – Positive Parenting Program knows all parents have different needs, that is why we have many different ways for you to get your parenting help.

Is this you?

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. Maybe it's when your teenager is disrespectful. If only someone could give you some ideas to make those times easier! If this sounds like you, then a seminar may suit.

What is a seminar?

Seminars are for groups of parents. It's an informal presentation a little like a forum. They deal with the most common parenting issues we all face.

How long will it take?

The seminars take around 2 hours. 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. It is designed to be a brief introduction to the Triple P strategies. But you will *definitely* get some great ideas to take home and try out on your family!

We can help you

- encourage behaviour you like
- deal with problem behaviour
- become confident as a parent
- be realistic about parenting

Triple P Parenting Seminar dates 2010

Seminar	Date	Time
Parent of 0-11 year olds	Wednesday 14 th April	19.00 - 21.00
Parent of teenagers	Wednesday 21 st April	19.00 - 21.00
Parent of 0-11 year olds	Wednesday 12 th May	19.00 - 21.00
Parent of 0-11 year olds	Saturday 15 th May	10.00 - 12.00
Parent of teenagers	Wednesday 19 th May	19.00 - 21.00
Parent of teenagers	Saturday 22 nd May	10.00 - 12.00
Parent of 0-11 year olds	Wednesday 16 th June	19.00 - 21.00
Parent of teenagers	Wednesday 23 rd June	19.00 - 21.00

All venue information is to be confirmed. Please contact the Parent Support Service on 01895 558244 or parenting@hillington.gov.uk to book a place and for more information.

Parent Support Service
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