



TRIPLE P **Positive Parenting Program**

*by Jennifer Volk and Dr. John Walker
from the Department of Clinical Health
Psychology, University of Manitoba*

**This session is offered free of charge to
PTSD parents.**

There is often a high level of stress involved in parenting. Triple P suggests simple routines and small changes that can make a big difference to your family. This series of three seminars will leave you feeling more confident and competent, and ready to deal with common child behavioral and emotional issues.

SEMINAR 1 - THE POWER OF POSITIVE PARENTING

This seminar will introduce parents to the five core principles of positive parenting:

- ensuring a safe, engaging environment for children
- creating a positive learning environment
- using assertive discipline
- having realistic expectations
- taking care of yourself as a parent

SEMINAR 2 - RAISING CONFIDENT, COMPETENT CHILDREN

This seminar will show parents how they can use positive parenting principles to teach children important values and skills, such as:

- encouraging respect and cooperation
- learning to be independent
- learning how to develop healthy self-esteem
- learning how to become good problem-solvers

SEMINAR 3 - RAISING RESILIENT CHILDREN

This seminar will focus on how parents can help children learn how to:

- recognize and accept feelings
- express their feelings appropriately
- build positive feelings
- deal with negative feelings
- deal with upsetting or stressful life events

All seminars will be held from 7:00 – 9:00 p.m.

SEMINAR 1: Thursday, April 19 at Dalhousie School Gymnasium

SEMINAR 2: Thursday, April 26 at Linden Meadows School Gymnasium

SEMINAR 3: Thursday, May 3 at Westgrove School Gymnasium