Small changes,
big differences.

Triple P
Positive Parenting Program
for every parent

Positive Parenting
Virtual Seminars

The Power of Positive Parenting

Tuesday, August 3
7:00 - 8:30 p.m.

Raising Confident, Competent Children

Tuesday, August 10
7:00 - 8:30 p.m.

Raising Resilient Children

Tuesday, August 17
7:00 - 8:30 p.m.

These **Positive Parenting Program** (Triple P) seminars will provide parents of children ages 0-12 with a toolbox of strategies to raise confident and healthy children, build strong family relationships, manage misbehavior, and prevent problems from happening in the first place.

Participate virtually from the comfort of your own home and walk away with more knowledge and confidence as a parent! Attend one, two, or all three of the seminars at no cost to you.

WISCONSIN
UNIVERSITY OF WISCONSIN–MADISON

Register at:
https://forms.gle/iwCeCEBcjCSzsSo1A

Contact Michelle Bachand for more information:
mbachand@co.dunn.wi.us 715-231-6696

Offered **FREE** via Zoom for residents of Dunn, Eau Claire, and Pierce counties and across the state.

Parents participating in the Triple P seminar receive specific developmental and child development advice to optimize their child's development. Each seminar can be taken as a stand-alone or as part of an integrated series.

Seminar 1: The Power of Positive Parenting

This seminar introduces the five core principles of positive parenting:

- having a safe, interesting environment
- having a positive learning environment
- using assertive discipline
- having realistic expectations, and
- taking care of yourself as a parent/caregiver.

Seminar 2: Raising Confident, Competent Children

This seminar builds on the foundation seminar and shows parents how to teach children important values and skills, including:

- encouraging respect and cooperation
- being independent
- developing health self-esteem, and
- becoming good problem solvers.

Seminar 3: Raising Resilient Children

This seminar focuses on helping children learn emotional-regulation skills and shows parents how to teach their children about feelings, including:

- recognizing and accepting feelings
- expressing their feelings appropriately
- building positive feelings
- dealing with negative feelings
- developing coping skills, and
- dealing with upsetting or stressful life events.

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