

## Parenting Seminars

Effective Parenting Approach to  
Raising Your Child!

# Triple P

## Positive Parenting Programme



**Triple P Level 2 seminars** are designed to provide an introduction to the principles of positive parenting and are packed with simple ideas to help make raising kids easier.

### Triple P Level 2 Seminar Series

Seminar 1: The Power of Positive Parenting

Seminar 2: Raising Confident, Competent Children

Seminar 3: Raising Resilient Children

#### What is Triple P ?

The Positive Parenting Programme (Triple P) is a parenting and family support strategy designed to prevent behavioural and emotional problems in children.

#### What does it offer?

Simple and practical strategies to help you confidently manage your children's behaviour, prevent problems developing and build strong, healthy relationships.

#### Why is it effective?

- ▶ One of the most effective evidence-based\* parenting programmes in the world.
- ▶ It offers parents preventive programmes of different intensity to meet their needs.
- ▶ Effective in reducing child behavioural problems and improving parental self-efficacy and satisfaction.
- ▶ Implemented in 25 countries such as Australia, Japan and Hong Kong.

\*Evidence-based programmes are programmes which are peer-reviewed by experts in the field and are recognised by a respected research organisation, and included in their list of effective programmes.

