

Triple P Seminars – Parenting in a Nutshell

Does this sound familiar?

Most of the time, parenting is 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. Or your six year old won't pick up his toys. If only someone could give you some ideas to make those times easier! If this sounds like you, then a Triple P Seminar may be right for you.

What are Triple P Seminars?

Triple P Seminars are for large groups of parents – possibly 20 or more. It's an informal presentation, a little like a public forum. There are three seminars in the Triple P series and you can choose to do one, two or all three:

- **The Power of Positive Parenting:** For every parent who ever wondered: "Why does my child do that?" This seminar helps you understand the reasons kids do what they do, so you can guide their behavior – and see more of the behavior you like, and less of the behavior you don't like.
- **Raising Confident, Competent Children:** You can help your child become confident and successful – at school and beyond. Find out ways to encourage them be respectful and considerate, communicate and get on well with others, feel good about themselves and become independent problem solvers.
- **Raising Resilient Children:** How can you help your child manage their emotions so they cope well with disappointment and in stressful situations? Get the strategies that will allow them to recognize positive and negative emotions – and deal with them in a healthy way.

Where do I go for a seminar?

Seminars are organized by the Berrien County Health Department Triple P program and can be hosted by different community organizations like a school or child care center and are held in public venues.

How long will it take?

The seminars last around 90 minutes. 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 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 with your family!