

Small changes,  
big differences.



# Horizon PTA Fundraising Event for Parents

## Triple P Seminar

### The Power Of Positive Parenting

Triple P: Positive Parenting Program aims to make parenting easier!

- How can I encourage my child to listen to me?
- What can I do when my child misbehaves in public?
- How do I encourage 'good' behaviour'?
- I don't feel confident as a parent!
- How do I stop my kids from fighting?
- I feel guilty if I take a break from my kids!
- My kids are so naughty!
- We don't agree on how to be parents!

#### COST

**Dhs150 (either or both parents)**  
**Horizon parents only.**  
**50% discount off kidsFIRST rate! All funds donated to Horizon PTA. Please send money to school in envelope addressed to PTA.**

#### DATE/TIME

**Monday 8<sup>th</sup> March, 6.30-8.30pm**

#### LOCATION

**Horizon School Staff Room**

#### FORMAT

**2 hr seminar including materials & questions**

#### PRESENTER

**Therese Sequeira**, Triple P Practitioner,  
Dip. T (Primary), B.Ed., Grad. Cert. HR.  
Ph 050 552 9819 therese@parentingdubai.com

#### WHAT IS TRIPLE P?

Triple P is an evidence-based parenting skills program (research conducted at University of Queensland, Australia). Triple P teaches parents how to encourage their children to develop social and communication skills, develop emotional self-regulation, independence and problem-solving skills. Attainment of these skills promotes family harmony, reduces parent-child conflict, fosters successful peer relationships and prepares children for successful experiences at school.

The Triple P Seminars are designed to provide an overview and introduction to the principles of positive parenting to encourage children to learn the skills and competencies they need to promote their health, development and well-being.

Principles of Positive Parenting – creating a safe, engaging environment; creating a positive learning environment; using assertive discipline; having realistic expectations; taking care of yourself as a parent. Learn strategies for encouraging behaviour you like, managing & decreasing misbehavior.

This seminar is suitable for parents of children aged 18 months – 11 years.

kidsFIRST Medical Center ph 04 348 KIDS (5437)

info@kidsFIRST.ae www.kidsFIRST.ae

[www.triplep.net](http://www.triplep.net)

therese@parentingdubai.com www.parentingdubai.com