

Positive Parenting Groups

Do you need help **managing misbehavior** and making **family life less stressful**, or do you just want to make sure you're on the right track in helping your children get off to the **best start** as they grow and learn?

The Triple P: Positive Parenting Program is an Australian course backed by more than 30 years of research and success. In an Accoras Triple P course, parents learn about strategies for their situation, talk and share stories with other parents and refer to the comprehensive Triple P manual provided to take home and keep.

Triple P helps parents use their parenting skills positively in a range of situations - everyday things like getting ready for school, family meals and going to bed (and staying there!) at night ... right through to tantrums, lying and sibling rivalry.

Triple P focuses on setting limits and guiding children positively, helping parents establish what is acceptable - and what is not! We provide tips on dealing consistently with problem behaviour, and encouraging the behaviours parents like. It isn't just about managing behaviour, though - the Accoras-run Positive Parenting Program enhances the knowledge and confidence of parents to help them raise children who reach their full potential in life.

The program is suitable for parents of children aged 0 to 12 years old. The strategies can be applied as children grow up, simply by modifying the communication, rewards and consequences appropriately for the child's age.

Accoras is running a number of one-day Triple P groups at the Holland Park Hotel on Saturdays from 8:30am to 4:30pm. The cost is partially covered by Accoras and registrations are only \$120 for one parent or \$200 for two parents. The cost includes a comprehensive workbook to keep, and tip sheets covering a range of common parenting challenges.

Places are limited, so visit www.accoras.com.au to book your preferred course.

For more details, please call Accoras on 3274 1886, or email info@accoras.com.au.