

# Free online parent workshops

## Term 4, 2024 Calendar

### Facilitated by school psychologist consultants with the Triple P and Child and Parent Centre teams

The Triple P and Child and Parent Centre teams are excited to offer a series of free online workshops for families. The Triple P - Positive Parenting Program gives parents and carers ideas and strategies to help their child develop the skills and behaviours they need for a healthy childhood. To learn more about Triple P, visit the [Education in WA](#) website.

### How to register

Scan the QR code or click/type the link below into your browser:  
<https://forms.office.com/r/GyQwUQMmEN>



**Registration is essential to attend online workshops and will close 24 hours before the scheduled workshop.** You will be sent an email with information and a link to join on the morning of the workshop. We would recommend downloading the [Webex app](#) ahead of the workshop.

If you would like to register for other Triple P workshops, please visit the [Triple P in WA](#) website and search for upcoming sessions by location. Parents can also access a range of [Triple P Online](#) programs for free. Please note that these webinars are unable to be recorded.

Date and time	Workshop
Tuesday 15 October 8.00pm – 10.00pm	<b>Starting school successfully (children entering school)</b> When children are preparing to start school, it can be a big change for the whole family. This session will cover talking with your child about school, preparing over the summer holidays, toileting, teaching independent dressing and routines, the first day and learning to separate from caregivers.
<b>Repeat session</b> Thursday 17 October 9.30am to 11.30am	
Wednesday 23 October 8.00pm – 10.00pm	<b>The power of positive parenting (under 12 years)</b> Children of all ages need a safe, secure and loving environment to do well. This seminar will discuss children's behaviour, how to create a safe, interesting and positive learning environment, how to use assertive discipline, and taking care of yourself as a parent.
<b>Repeat session</b> Friday 25 October 9.30am to 11.30am	
Tuesday 29 October 7.00pm – 9.00pm	<b>Making and keeping friends (10-16 years)</b> Peer relationships become increasingly important during the teenage years, and parents may find it difficult to navigate and adjust to these changes in relationships. This session will provide suggestions on how to support your child to make friends, encourage positive relationships with peers, set appropriate boundaries and deal with challenges that may arise.
<b>Repeat session</b> Friday 1 November 9.30am to 11.30am	

Tuesday 5 November 8.00pm – 10.00pm	<p><b>Learning to use the toilet (toddlers and pre-schoolers)</b> Teaching children to use the toilet independently can be challenging for parents. This workshop will provide tips on when your child may be ready, the skills needed to use the toilet, and some common behavioural issues related to using the toilet. This workshop is suitable for parents of children with neurotypical development and does not address any medical problems related to using the toilet.</p>
<p><b>Repeat session</b> Thursday 7 November 9.30am to 11.30am</p>	
Tuesday 12 November 7.00pm – 9.00pm	<p><b>Promoting digital wellbeing (10-16 years)</b> One of the challenges for parents is knowing how to monitor and manage their teenager's use of technology, such as the internet, websites, social media, smart phones and other communication devices. This workshop will help you set rules and appropriate limits to encourage responsible, safe use of these evolving opportunities.</p>
<p><b>Repeat session</b> Thursday 14 November 9.30am to 11.30am</p>	
Tuesday 19 November 8.00pm – 9.30pm	<p><b>Learning to separate (toddlers and pre-schoolers)</b> All children have to learn to cope with temporary separations from their parents. Shyness around new people and anxiety about separation from parents is common in toddlers and pre-schoolers. This session will help you teach your child to be comfortable around others and calmly separate from you, into the care of another trusted adult/caregiver.</p>
<p><b>Repeat session</b> Thursday 21 November 9.30am to 11.00am</p>	
Tuesday 26 November 7.00pm – 9.00pm	<p><b>Doing well in high school (children entering secondary school)</b> A major challenge for parents of teenagers is knowing how to encourage them to make the most of their time at school. This session will help you teach your child key skills as they transition into high school: developing self-discipline, problem-solving, getting involved in school activities, following school rules, having supportive friends, attendance, and study habits.</p>
<p><b>Repeat session</b> Friday 29 November 9.30am to 11.30am</p>	
Tuesday 3 December 8.00pm – 10.00pm	<p><b>Starting school successfully (children entering school)</b> When children are preparing to start school, it can be a big change for the whole family. This session will cover talking with your child about school, preparing over the summer holidays, toileting, teaching independent dressing and routines, the first day and learning to separate from caregivers.</p>
<p><b>Repeat session</b> Thursday 5 December 9.30am to 11.30am</p>	



Child and Parent Centres