

HAPPY HOLIDAYS

From

Triple P POSITIVE PARENTING PROGRAM

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The Triple P Program knows all parents have different needs. That's why Triple P has many different ways for you to get your parenting help. That way you can make the choice as to what will suit you and your family best!

Triple P – Positive Parenting Program is an Internationally acclaimed, scientifically researched family support strategy designed to help parents improve their parenting skills & build positive relationships with their children. Triple P is for EVERY parent. Yorkton & Area programs offer a variety of different sessions for parent/caregivers of children ranging from birth to 16 years of age. All programs are FREE and participants receive a certificate after completion.

Did You Know??



We offer a variety of programs to fit your family. Let us help you choose one that works with you!

SEMINARS: large group setting

PRIMARY & TEEN PRIMARY: one on one with a facilitator

DISCUSSION GROUP & TEEN DISCUSSION GROUPS: 2 hours, practical advice tackling specific problems

GROUP & TEEN GROUP: 8 week commitment, conversation, strategies, building relationships

STEPPING STONES: 9 week commitment, for parents/caregivers of children with unique needs

****NEW** PATHWAYS:** program designed for parents that have a hard time regulating their emotions

Upcoming Events 2020, Parents with children in the following age groups

January 9

[Cowessess](#), Group (0-10 years old)
[Peepeekisis](#), Group (0-10 years old)

January 13

[Yorkton](#), Stepping Stone
(developmentally age 12 & under
with unique needs)

January 14

[Churchbridge](#), Group (0-10 years
old)

January 15

[Kelvington](#), Dealing with
Disobedience (0-10 years old)

January 21

[Kelvington](#), Managing Fighting &
Aggression (0-10 years old)

January 22

[Yorkton](#), Group (0-10 years old)
[Yorkton](#), Teen Group (10-16 years
old)

January 29

[Kelvington](#), Hassle-free Shopping
with Children (0-10 years old)

February 4

[Kelvington](#), Developing a Good
Bedtime Routine (0-10 years old)

For more information or to
register
306-783-3080



SEMINARS, DISCUSSION GROUPS, AND GROUPS...WE CAN COME TO YOU!

Talk to your schools, SCC, daycares, community groups, etc.



Triple P
Positive
Parenting
Program

HOLIDAYS ARE COMING QUICK! Are you & your children ready?

With the holidays coming a lot of families start to feel the stress approaching.

- Everyone at home, all day, every day.
- Routines are off, late to bed, traveling, visitors, etc.
- Extra curriculum activities aren't running during this time.
- Wanting to keep everyone entertained but don't want to break the bank.
- Arguments and complaints of boredom.

Planning Ahead Can Minimize Some of Our Every Day Stressors!

Winter Break

Bucket List

for a preschooler

Bake cookies. Watch a new movie at home or the theatre. Play your favorite board game with your family. Go ice skating. Read a new book. Paint with watercolors. Play hide and seek. Measure everyone in your family to see who is the tallest. Help make dinner. Sing! Build with Lego. Go for a walk. Draw a self portrait. Have a bubble bath. Go to the library. Play tic tac toe. Have some hot chocolate. Donate old toys to charity. Try a new food. Practice your phone number & your home address in case of emergency. Play Go Fish! Write a letter to a friend. Eat a candy cane. Play with play dough. Read your favorite book. Build a fort.

notimeforflashcards.com



5 Steps to Positive Parenting
Triple P helps make raising children and teenagers easier and more enjoyable for both you and the kids.

1. Create a safe, interesting environment. Bored kids are likely to misbehave. Bored teenagers may find trouble. So create an environment that allows kids to explore safely and develop their skills.

2. Have a positive learning environment If a child or teenager comes to you for help or a chat, they're ready to learn. Give them positive attention, even if only for a minute or so. Encourage their ideas and opinions.

3. Use assertive discipline. Set clear rules and boundaries and follow through with fair consequences. You can negotiate some of these with older kids and decide on the rules and consequences together. Praise little and big kids to encourage the behavior you like.

4. Have realistic expectations. Nobody's perfect – kids, teenagers or adults – so don't expect your child to do more (or less) than they're capable of. And remember, we all make mistakes sometimes.

5. Take care of yourself as a parent. It's all about balance. You've got to look after your own needs too, so make sure you're getting support, time with friends, fun, and maybe even a little time to yourself!



Triple P doesn't tell you how to be a parent. You get practical strategies and you choose the ones that fit your family!