

Kia Ora,

Nga mihi o te Tau Hou (Happy New Year!).

**What is Triple P? (“Positive Parenting Programme”)**

Triple P is an internationally recognised, evidence-based programme that is backed up by more than 35 years of ongoing research. It is currently used in more than 29 countries and has been shown to work across cultures, socio-economic groups, and in many different family structures. Triple P gives parents the skills they need to build strong family relationships, manage misbehaviour, and prevent problems. Strategies are simple, practical, and adaptable to suit parents’ own values, beliefs, and needs.

The Triple P staff at ACROSS Te Kotahitanga O Te Wairua are excited to be able to offer parents free 2-hour ‘Positive Parenting’ courses in Term 1 2024. We hope that you will consider sharing these courses with your parent community to help support their parenting journey.

If using Zoom is an option for parents (with computer, phone or tablet), the following discussion group sessions are available:

**Cooperating with Following Instructions** (Our most popular course) - **Zoom**

*(Teaching our children to cooperate and helping us manage difficult behaviours)*

Monday 12<sup>th</sup> February 7-9:30pm

Friday 16<sup>th</sup> February 2024 9:30am

Friday 23<sup>rd</sup> February 2024 12:15pm

Tuesday 5<sup>th</sup> March 2024 at 7pm

Thursday 7<sup>th</sup> March 2024 at 12:15 & 7pm

Tuesday 19<sup>th</sup> March 2024 at 12:15 & 7pm

Tuesday 2 April 2024 at 7pm

**Bedtime Routines - Zoom**

*(Supporting our children to develop healthy, independent sleep patterns)*

Monday 26<sup>th</sup> February 7-9:30pm

Friday 16<sup>th</sup> February at 12:00pm

Tuesday 26<sup>th</sup> March 2024 at 7pm.

**Fighting & Aggression - Zoom**

*(Teaching our children to interact positively and stay calm, and helping us manage aggressive behaviours)*

Monday 19<sup>th</sup> February 7-9:30pm

Tuesday 12<sup>th</sup> March 2024 7pm.

**Mealtimes - Zoom**

*(Supporting our children with learning good mealtime habits and managing mealtime problems)*

Tuesday 27<sup>th</sup> February 2024 12:15pm

**Fears & Self Esteem for Under 6 yr olds (A three-part course – 3 x 2hr sessions) - Zoom**

*(Supporting our children to overcome fears and gain confidence)*

Tuesdays 12<sup>th</sup> March, 26<sup>th</sup> March & 2 April 2024 at 12:15pm (You need to be able to attend all three)

We are also offering free 2-hour, small group, in person courses at our office (ACROSS 249A Church St, Palmerston North) on the following topics:

**Bedtime Routines – In person**

*(Teaching our children to develop healthy, independent sleep patterns)*

Thursday 15<sup>th</sup> February 12:15pm

Tuesday 20<sup>th</sup> February 9:30am

**Mealtimes – In person**

*(Supporting our children with learning good mealtime habits and managing mealtime problems)*

Monday 12<sup>th</sup> February 12:15pm

Friday 1<sup>st</sup> March 2024 9:30am

If none of the times, dates or topics listed above are suitable, please encourage parents to contact us at ACROSS as other topics, dates, and times may be possible to arrange.

Parents can email or phone for more information, or for help with registering for the course of their choice.

Ngā mihi

Julie Forman

Kaimātaki

Programme Facilitator

Triple P Positive Parenting Programme

ACROSS Te Kotahitanga o te Wairua

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