

## Family Support Network of

Family Support Network of Southeastern North Carolina SeNC, Inc. is pleased to present the following workshops for the 2019-2020 school year.

All Seminars are being held at the Dale K Spencer Building 1502 S. 15<sup>th</sup> Street Wilmington, NC, 28401

September 12, 2019 – Stepping Stones Triple P Seminar 1 – Positive Parenting for Children with a disability Room 111

October 16, 2019 – Stepping Stones Triple P Seminar 2 – Helping Your child Reach Their Potential Room 111

November 14, 2019 – Stepping Stones Triple P Seminar 3 – Changing Problem Behavior into Positive Behavior Room 102

February 6, 2020 – Stepping Stones Triple P Seminar 1 – Positive Parenting for Children with a disability Room 111

March 5, 2020 – Stepping Stones Triple P Seminar 2 – Helping Your child Reach Their Potential Room 111

April 2, 2020 – Stepping Stones Triple P Seminar 3– Changing Problem Behavior into Positive Behavior Room 111



## What is Triple P?

The Triple P – Positive Parenting Program<sup>®</sup> is one of the world's most effective parenting programs.

It is one of the few based on evidence from ongoing scientific research, with more than 90 trials and studies around the world showing it works – regardless of a family's culture, country or situation.

Triple P works by giving parents the skills to raise confident, healthy children and teenagers, and to build stronger family relationships. It also helps parents manage misbehavior and prevent problems occurring in the first place.

But it doesn't tell people how to parent. Rather, it gives them simple and practical strategies they can adapt to suit their own values, beliefs and needs.

Seminar 1 covers what is Positive Parenting and the 6 principles that are the foundation to Positive Parenting

Seminar 2 covers the skills that children need to be successful in their world and environment and how we as parents can help them to achieve that.

Seminar 3 covers misbehavior and how to turn it into positive behavior. It gives parents strategies and tools to use to achieve their goals and desired behaviors.