



Free online parent workshops

Term 1, 2024 calendar

Facilitated through 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.






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.

Instructions for joining online workshops

To join an online workshop, scan the QR code and download the [Webex app](#) on your device when prompted. Once the app has finished downloading, scan the QR code again and you will be directed to a Webex sign in page. Please provide your name and email address and then click 'join as guest'. You will enter a waiting room until the host opens the workshop. Alternatively, you can join from a computer browser without downloading the app.

Parents are advised to check audio and visual settings before the scheduled meeting time. There is an option to test and modify settings in the app. Please note that the facilitators will be unable to assist with any technical issues during the workshop.

Workshop	Date and time	Link to join
<p>Doing well in high school</p> <p>A major challenge for parents of teenagers is knowing how to encourage them to make the most of their time at school. Learn how to help your teen develop these skills as they transition into high school.</p>	<p>Thursday 7th March 7pm – 9pm</p>	 <p>Link to join</p>
<p>Now you have started school (primary school focus)</p> <p>We will cover common challenges that may have arisen in your home such as big emotions, independent dressing, eating, toileting, and</p>	<p>Tuesday 5th March 8pm – 10pm</p>	 <p>Link to join</p>

<p>separation. We discuss family routines, being part of the school community and parent self- care.</p>	<p>Thursday 7th March 9.30am - 11.30am (repeat session)</p>	 <p>Link to join</p>
<p>Learning to use the toilet</p> <p>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>Monday 11th March 8pm – 10pm</p>	 <p>Link to join</p>
	<p>Tuesday 12th March 9.30am - 11.30am (repeat session)</p>	 <p>Link to join</p>
<p>Learning to separate</p> <p>This session will focus on helping your child learn to calmly separate from you, into the care of another trusted adult/caregiver.</p>	<p>Tuesday 19th March 8pm – 10pm</p>	 <p>Link to join</p>
	<p>Wednesday 20th March 9.30am - 11.30am (repeat session)</p>	 <p>Link to join</p>



Child and Parent Centres