



Triple P is a programme for parents of 2-10 year olds. The aim is to provide parents with management strategies, which make parenting easier and more enjoyable as they encourage their children to learn, encourage positive behaviour and learn how to set rules for the children to follow.



Triple P classes will run at the Holdsworth Centre from 10 am to 12.30 for a 4-week course. (See dates below)

Presenter: Gordana Kokanovic

Clinical Nurse Specialist, Grad.Dip.Community Nursing, Dip. Paediatric Nursing, Audiometrist, Triple P facilitator

Child & Family Health, Sydney Children's Hospital

Phone 9382 0926

Booking is essential - phone Gordana on 9382 0926

Term 1 2010

March 9th, 16th, 23rd, 30th
(all dates are Tuesdays)

There will also be a free 'one-off' Seminar on **Tuesday 23rd February** on **Challenging Behaviours** focussing on children 2 to 10 years

Term 2 2010

May 4th, 11th, 18th, 25th
(all dates are Tuesdays)

All of the above sessions will be at 10am at
Holdsworth Community Centre
64 Holdsworth Street, Woollahra NSW 2025

For information on sessions held at Eastgardens, contact Gordana.