

# Small changes, big differences.



# Positive Parenting Virtual Seminars

## The Power of Positive Parenting

Tuesday,  
February 9  
6:30 - 8:00 p.m.

## Raising Confident, Competent Children

Tuesday,  
February 16  
6:30 - 8:00 p.m.

## Raising Resilient Children

Tuesday,  
February 23  
6:30 - 8:00 p.m.

These **Positive Parenting Program** (Triple P) seminars will provide parents of children ages 0-12 with a toolbox of strategies to raise confident and healthy children, build strong family relationships, manage misbehavior, and prevent problems from happening in the first place.

Participate virtually from the comfort of your own home and walk away with more knowledge and confidence as a parent! Attend one, two, or all three of the seminars at no cost to you.



**Register at:**  
<https://forms.gle/BbCdFcBuuTncd8h9A>  
Contact Michelle Bachand for more information:  
[mbachand@co.dunn.wi.us](mailto:mbachand@co.dunn.wi.us) **715-232-1636**

Offered **FREE** via  
Zoom for  
residents of  
Dunn, Eau Claire,  
and Pierce  
counties and  
across the state.

Parents participating in the Triple P seminar receive specific developmental and child development advice to optimize their child's development. Each seminar can be taken as a stand-alone or as part of an integrated series.

## **Seminar 1: The Power of Positive Parenting**

This seminar introduces the five core principles of positive parenting:

- having a safe, interesting environment
- having a positive learning environment
- using assertive discipline
- having realistic expectations, and
- taking care of yourself as a parent/caregiver.



## **Seminar 2: Raising Confident, Competent Children**

This seminar builds on the foundation seminar and shows parents how to teach children important values and skills, including:

- encouraging respect and cooperation
- being independent
- developing healthy self-esteem, and
- becoming good problem solvers.



## **Seminar 3: Raising Resilient Children**

This seminar focuses on helping children learn emotional-regulation skills and shows parents how to teach their children about feelings, including:

- recognizing and accepting feelings
- expressing their feelings appropriately
- building positive feelings
- dealing with negative feelings
- developing coping skills, and
- dealing with upsetting or stressful life events.

