

# December Virtual Triple P Events



**Triple P teaches families with children 0-16 years of age how to spend less time battling challenging behavior and more time building close relationships. You'll develop positive parenting skills to manage stress and encourage healthy habits, and that can mean more good days for your family.**

Register online at  
[childrenswi.org/triplep](https://childrenswi.org/triplep)  
or scan QR code



## Hassle Free Shopping

Natalie Popple - Triple P Parent Educator, and Cheryl Wendt -Nurse Practitioner

Learn how to make shopping more enjoyable by teaching children how to behave on shopping trips.

**Time & Date:** 11:00 a.m. - 12:30 p.m., Friday, December 9

**Location:** Zoom

## Coping With Stress

Nelly Martinez, Triple P Parent Educator

Learn how to handle day-to-day stress so you can act consistently and calmly with your children.

**Time & Date:** 10:00 a.m. – 11:30 a.m., Tuesday, December 13

**Location:** Zoom

## Power of Positive Parenting

Amanda Kotowski, Nurse Practitioner

This seminar introduces parents to the five key principles of positive parenting that form the basis of Triple P.

**Time & Date:** 12:00 p.m. – 1:30 p.m., Tuesday, December 13

**Location:** Zoom

## Getting Teenagers to Cooperate

Casey Hills, Triple P Parent Educator

Learn tips and create a plan to motivate your teenager to cooperate at home.

**Time & Date:** 1:00 p.m. – 3:00 p.m., Friday, December 16

**Location:** Zoom

