

CAC Cares

Child Advocacy Services is offering Triple P – Positive Parenting Program Selected Seminar Series in St. Charles, St. John, and St. James Parishes.



"The Triple P – Positive Parenting Program® is one of the world's most effective parenting programs. It is one of the few based on evidence from ongoing scientific research. 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."

Triple P: Selected Seminars Series is a "light touch" parenting information presentation to a group of parents who are generally coping well but have one or two concerns. There are three seminar topics with each taking around 60 minutes to present, plus 30 minutes for question time. The series of seminars are designed for parents with children up to 12 years and are interested in general information about promoting their child's development. Parents are likely to benefit if their family is not complicated by significant behavior problems or family stress.

Seminar 1: The Power of Positive Parenting – Parents learn the five key principles of positive parenting that form the basis of Triple P. These principles are: Ensuring a safe engaging environment, creating a positive learning environment, using assertive discipline, having reasonable expectations, and looking after yourself as a parent.

Seminar 2: Raising Confident, Competent Children – Parents are introduced to six core building blocks for children to become confident and successful at school and beyond. These competencies are: Showing respect to others, being considerate, having good communication and social skills, having healthy self-esteem, being a good problem solver, and becoming independent.

Seminar 3: Raising Resilient Children – Parents are introduced to six core building blocks for children to manage their feelings and become resilient in dealing with life stress. These competencies are: Recognizing and accepting feelings, expressing feelings appropriately, building a positive outlook, developing coping skills, dealing with negative feelings, and dealing with stressful life events.

Prevention Services Coordinator, Angela Golden, was trained in the Selected Seminar Series in partnership with the Louisiana Parenting Education Network in 2017. With this partnership, Angela is able to offer this program free to the community when requested. Look for upcoming trainings in the events section of this newsletter.

Have a suggestion? Please contact either Angela Golden agolden@childadv.net, Ashleigh Fuller afuller@childadv.net or Marcy Willett mwillett@childadv.net to let them know.