



Bellflower Unified School District
Parenting Education Seminars presents



Triple P

Positive Parenting Program

These seminars will include an overview and introduction to the principles of Triple P the Positive Parenting Program. Triple P is an evidence based program that is designed to provide families with strategies that promote a safe environment, how to teach your children the skills they need to get along with others, deal positively, consistently and decisively with problem behavior and encourage behavior you like.



The following are dates and topics for each seminar:

10/21/14—The Power of Positive Parenting

Positive Parenting is an effective approach to raising children that emphasizes the positive. It involves creating a family environment that is loving, supportive and predictable.

11/20/14—Dealing with Disobedience

Discussions about managing difficult behavior like disobedience and defiance will be addressed. Learn strategies to help prevent problems and handle difficult behaviors.

1/22/15—Raising Confident, Competent Children

Receive tips on how to help your child learn important life skills such as being respectful, communicating well with others, thinking positively, and having healthy self esteem to become confident and competent individuals.

2/17/15—Managing Fighting and Aggression

Learn strategies to help teach your child to solve problems and skills that are needed to cooperate and get along with others to eliminate fighting and aggressive behavior.

3/17/15—Raising Resilient Children

Strategies and techniques to teach your child to cope with everyday feelings, both positive and negative. Being able to cope with emotions is important for long-term happiness, wellbeing and success in life.

4/21/15—Developing a Good Bedtime Routine

Children need a good night's sleep so they have enough energy for the next day's activities. Learn some positive parenting strategies to help develop a good bedtime routine.

Become an active partner in your child's education by attending one or more of our FREE district-wide parent information and education seminars.



All seminars will be from 6:30 p.m.- 8:00 p.m. in the
Bellflower Unified School District Board Room
16703 Clark Ave., Bellflower, CA 90706



No pre-registration required
16703 S. Clark Ave.
Bellflower, CA 90706

For more information please
call Renett Banagas at
(562) 866-9011 ext. 2092

Child care and Spanish
translation provided.