**FREE Triple P 2 hour Parenting Workshop**

**For Parents of Children 2-10 years**

**Dealing with Disobedience.**

**This workshop provides examples of common forms of disobedience and some reasons why children have difficulty learning to follow instructions. A number of positive parenting strategies are then introduced to help parents develop a personal plan to prevent disobedience, teach their child limits, and also to manage disobedience when necessary.**

|  |  |  |
| --- | --- | --- |
| **Tuesday 26th March 19.**  **Wednesday 12th June 19.**  **Tuesday 18th June 19**  **Tuesday 25th June 19** | **7-9pm**    **7-9pm**  **10-12md.**  **7-9pm** | **Portlaoise Education Centre, Block Road Portlaoise.**  **Family Resource Centre/ MDA Mountmellick.**  **Treo Nua Harpurs Lane Portlaoise.**  **Portlaoise Education Centre Block Road Portlaoise.** |

**Managing Fighting and Aggression**

**In this workshop parents are encouraged to share their experiences of aggressive and destructive behaviour from their children, and discuss some of the reasons children fight. This group covers the skills that children need, to be able to cooperate and get along with others. Parents learn how to teach skills such as sharing, communicating and being gentle. They also prepare plans to manage times when fighting and aggression do occur.**

|  |  |  |
| --- | --- | --- |
| **Tuesday 5th February**  **Tuesday 25th June 19.** | **10-12md.**      **7-9pm.** | **Treo Nua Family Resource Centre, Harpurs Lane Portlaoise.**  **Family Resource Centre Mountmellick /MDA Mountmellick.** |

**(Booking is essential)**

**To book your place, call the Midland Area Parenting Partnership Office at**

**0906447111. You can register online at our website**

[**www.askaboutparenting.ie**](http://www.askaboutparenting.ie) **or call Deirdre 0860274837/Sinéad 0868215102. **