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**FREE PARENTING SEMINARS – for EVERY PARENT**  
**Positive Parenting Program SEMINAR SERIES, Term 4, 2017**  
**Mount Helena Primary School**

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Parents/carers are invited to attend free parenting seminars to learn practical, positive and effective ways to:

- strengthen bonds with their children;
- encourage children's social and language skills;
- develop children's emotional self-regulation, independence and problem solving ability;
- manage common behaviour concerns.

Research has demonstrated the acceptability of the strategies across cultures.

Parents/carers may choose to attend one, two or all three of the following *fortnightly* seminars.

**When:** Monday 23<sup>rd</sup> October      **Seminar One: The Power of Positive Parenting**  
Monday 6<sup>th</sup> November      **Seminar Two: Raising Confident Competent Children**  
Monday 20<sup>th</sup> November      **Seminar Three: Raising Resilient Children**  
**Time:** 9.15am-11.00am  
**Venue:** Mount Helena Primary School, Keane Street East, Mount Helena. Ph: 95721011  
(Please sign in at the Administration Office on arrival)  
**Cost:** Free – however bookings are essential.

*Parents/carers of children enrolled in Kindergarten for 2018 and currently in Kindergarten or Pre-primary are welcome to attend.*

**To register to attend a free parenting seminar please:**

Complete the slip below and return it to the Mount Helena Primary School's Administration Office or via email to [mounthelena.ps@education.wa.edu.au](mailto:mounthelena.ps@education.wa.edu.au).

For further information please contact Karen Paton, Triple P Key Contact, via email [karen.paton@education.wa.edu.au](mailto:karen.paton@education.wa.edu.au).

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**REGISTRATION FOR: POSITIVE PARENTING PROGRAM - SEMINAR SERIES**

**Mount Helena Primary School**

Name of Parent(s)/Carer(s) wishing to attend:

(1) Surname \_\_\_\_\_ First Name \_\_\_\_\_ Mobile (1) \_\_\_\_\_

(2) Surname \_\_\_\_\_ First Name \_\_\_\_\_ Mobile (2) \_\_\_\_\_

Home Phone: \_\_\_\_\_

Postal Address: \_\_\_\_\_ Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_

Email: \_\_\_\_\_

Name of **Child/ren**: \_\_\_\_\_ Year Level: \_\_\_\_\_

\_\_\_\_\_ Year level: \_\_\_\_\_

I / We wish to attend (please tick):

Seminar One

Seminar Two

Seminar Three

**Please return your registration form to Mount Helena PS Administration Office or via email to [mounthelena.ps@education.wa.edu.au](mailto:mounthelena.ps@education.wa.edu.au) by Monday 16<sup>th</sup> October (Week 2, Term 4). Thank you.**

**SEAL HERE**  
To conceal your credit card details,  
fold envelope in half and seal here.

# DARLINGTON PRIMARY SCHOOL

Photos will be taken on:  
**Tuesday  
12th September  
& Wednesday 13th (1 x Kindy)**

Please return your order with full  
payment to the school office by:  
**Wednesday  
6th September**

**STUDENT'S FULL NAME:**

\_\_\_\_\_

YEAR LEVEL: \_\_\_\_\_ ROOM: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**PAYMENT:**

CASH / CHEQUE - amount enclosed; \$ \_\_\_\_\_

Correct money only - no change available.  
Cheques - made out to "Midland Photographers"

CREDIT CARD - PTO to complete card details

**PAYMENT FOR SIBLINGS CAN BE MADE IN ONE ENVELOPE**

Please complete individual envelopes for each child  
and staple together. If payment is in a siblings envelope,  
Indicate below where we can find the payment:

SIBLING: \_\_\_\_\_ ROOM: \_\_\_\_\_

## MIDLAND PHOTOGRAPHERS

9274 4767 Unit 2, 4-10 Farrall Road, Midvale, WA 6056  
enquiries@midlandphotos.com.au www.midlandphotos.com.au

### PACKAGE OPTIONS

Please tick the appropriate box, see back of envelope for samples.

**A: VALUE PACK - \$45**

A personalised cover page provided with packages B, E & F  
together in a plastic display folder.

**B: DELUXE INDIVIDUAL PORTRAIT PACK - \$25**

3 pages of portraits including 1 - 8"x10" bordered print, 1 - 5"x7",  
2 - 6"x4", 2 - 3.5"x5", 2 wallet size colour prints and 3 novelty bookmarks

**C: BASIC COLOUR PORTRAIT PACK - \$15**

1 - 5"x7" & 2 - 3.5"x5" Colour Prints

**D: BASIC BLACK & WHITE PORTRAIT PACK - \$15**

1 - 5"x7" & 2 - 3.5"x5" Black & White Prints

**E: TRADITIONAL CLASS PHOTO - \$20**

8"x10" Traditional Class Photo with students together in a group

**F: COMPOSITE GROUP PHOTO - \$20**

8"x10" Composite Class Photo featuring students individual portraits

**G: SIBLING PORTRAIT PACK - \$35\***

3 pages of portraits including 1 - 8"x10", 1 - 5"x7", 2 - 6"x4",  
2 - 3.5"x5" and 4 wallet size prints.

For Sibling Portrait Pack, please give details of siblings below:  
(If your children have different surnames, please ensure you write their full names)

Name: \_\_\_\_\_ Room: \_\_\_\_\_

Name: \_\_\_\_\_ Room: \_\_\_\_\_

Name: \_\_\_\_\_ Room: \_\_\_\_\_

Name: \_\_\_\_\_ Room: \_\_\_\_\_

\*Sibling Portraits are not included in the value pack or any individual portrait packages.  
Sibling Portraits are only available in 1 size package - "G" package.

## CREDIT CARD PAYMENT

Amount to be deducted: \$ \_\_\_\_\_

Mastercard / Visa Only

Please complete card details clearly below:

CARDHOLDER NAME:

\_\_\_\_\_

CARD NUMBER:

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EXPIRY:

Month Year

		/		
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SIGNATURE:

\_\_\_\_\_

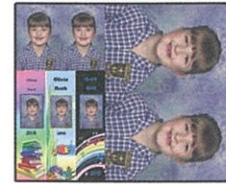
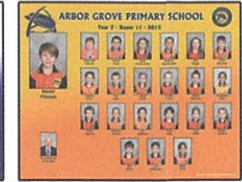
Fold envelope in half and seal to conceal your details

*Our pre-paid system offers a money back guarantee.  
If you are not completely satisfied, please call us on 9274 4767  
to make arrangements to return your photos for a full refund.*

Attempts are made to deduct your credit card payment as soon as possible, but please be prepared for payment to be deducted at any time.

If we have trouble processing your payment, we will call you using the phone number on the front of the envelope.

## Package A: Value Pack



## Package B: Deluxe Individual Portrait Pack



## Package C: Basic Colour Individual Portrait Pack



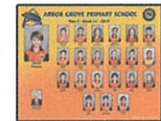
## Package D: Basic Black/White Individual Portrait Pack



## Package E: Traditional Class Photo



## Package F: Composite Class Photo



## Package G: Sibling Portrait Package



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# About Triple P – Positive Parenting Program

The Triple P – Positive Parenting Program® is one of the world's most effective parenting programmes. It is one of the few based on evidence from ongoing scientific research. Developed by clinical psychologist Professor Matt Sanders and his colleagues at Australia's University of Queensland, Triple P has been tested with thousands of families through ongoing research for more than 30 years. More than 580 trials, studies and published papers, including more than 200 evaluation papers, 104 of which are randomised controlled trials, have shown it works across cultures, socio-economic groups and in many different family structures.

Triple P is designed to give parents the skills they need to raise confident, healthy children and teenagers and to build stronger family relationships. Triple P doesn't tell people how to parent. Rather, it gives parents simple and practical strategies they can adapt to suit their own values, beliefs and needs. The benefits can be dramatic and long-lasting.

"Children who grow up with positive parenting are more likely to develop the skills they need to do well at school, build friendships, and feel good about themselves," says Professor Sanders.

"They are also much less likely to develop behavioural or emotional problems when they get older. Similarly, parents who use positive parenting skills feel more confident and competent about managing day-to-day family life. They are also less stressed, less depressed and have less conflict with their partners over parenting issues."

Triple P is distinctive in that it is not a "one-size-fits-all" course. Rather, it is a system that offers increasing levels of support to meet parents' different needs. Parents can choose anything from one-off public seminars or self-help books and DVDs to more intensive group courses or individual counselling sessions. Triple P is now also available online, adding further flexibility and convenience for parents.

"Some parents may just need a light-touch of Triple P, a few ideas to help them set up a better bedtime routine or manage occasional disobedience," says Professor Sanders. "But others may be in crisis and need greater support. So Triple P is based on the idea that we give parents just the right amount of help they need – enough, but not too much." This Triple P approach guards against over-servicing and over-spending, which is good for parents and good for budgets.

Triple P has also been designed as a population-based health approach to parenting – typically implemented by government bodies or NGOs (non-government organisations) across regions or countries with the aim of reaching as many people as possible. It is often delivered through health, families or education departments.

Practitioners come from a range of professions and include doctors, nurses, psychologists, counsellors, teachers, teacher's aides, police officers, clergy, social workers, health visitors, public health and school nurses, midwives and health support workers. The concept, once again, is to provide easy access, support and choice for parents.

"Parenting is the most difficult job any of us will ever do in our lives, but it's also the one we're least prepared for," says Professor Sanders. "By making parenting information more widely available we're increasing the likelihood that parents will accept or seek out help. Offering Triple P is like immunising the community. You prepare parents, make families healthier and prevent problems before they happen."

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Triple P is used in 25 countries including the US, Canada, Australia, New Zealand, Belgium, Japan, Iran, Hong Kong, Singapore, the Netherlands, the UK, Ireland, Germany, Curacao, Switzerland, Austria, Romania, France and Sweden. It has been translated into 19 languages other than English to meet specific country requirements.

Triple P has won numerous international awards, including the Australian Heads of Government National Violence Prevention Award and Professor Sanders has been a consultant to the World Health Organization and the Council of Europe and to governments in countries including the UK, Canada, Australia, New Zealand, Switzerland, Japan and Iran.

A number of specialist Triple P programmes have also been developed. These include Stepping Stones Triple P (for parents of children with a disability), Family Transitions Triple P (for parents going through divorce or separation), Lifestyle Triple P (preventing obesity in children) and Indigenous Triple P (for Indigenous families).