



TRIPLE-P “POSITIVE PARENTING PROGRAM” SEMINAR SERIES

Wednesdays 1100-1300 · Bldg 799 – Room 5
(Behind Bldg 40) Brewster Blvd., Camp Lejeune



Two Hour “Lunch & Learn” Seminars

2016

INFANTS TO 12 YEAR OLD

Seminar 1	1 Jan	2 Mar	6 Apr	1 Jun	13 Jul	7 Sep	2 Nov	7 Dec
Seminar 2	13 Jan	9 Mar	13 Apr	8 Jun	20 Jul	14 Sep	9 Nov	14 Dec
Seminar 3	20 Jan	16 Mar	20 Apr	15 Jun	27 Jul	21 Sep	16 Nov	21 Dec



Seminar 1

The Power of Positive Parenting

- What is positive parenting?
- Five key principles of positive parenting
- Fulfilling our hopes and dreams
- Some realities of being a parent
- Understanding children's behavior: the tough part of parenting

Seminar 2

Raising Confident and Competent Children

- Getting off to a good start
- Building blocks for success
- Develop children's confidence
- Help children reach their full potential

Seminar 3

Raising Resilient Children

- Emotional resilience in children
- Building blocks for success
- Develop social skills to enhance relationships
- Develop tolerance and compassion
- Guide to coping with life experiences
- Prevention of emotional problems

TEENS 12 TO 17 YEARS OLD

Seminar 1	3 Feb	4 May	3 Aug	5 Oct
Seminar 2	10 Feb	11 May	10 Aug	12 Oct
Seminar 3	17 Feb	18 May	17 Aug	19 Oct

KEY FAMILY KEY COMMUNITY
KEY SCHOOL

3 Key areas interact to shape teenagers into mature adults

Seminar 1

Raising Responsible Teenagers

- Today's teenagers
- Our hopes and dreams
- Six ingredients for raising responsible teenagers
- Have positive family relationships and a healthy lifestyle
- Be successful in school and at work
- Be positively connected in the wider community

Seminar 2

Raising Competent Teenagers

- Today's teenagers
- Our hopes and dreams
- Six ingredients for raising competent teenagers
- Managing the move toward independence
- Understanding how well-behaved children can become badly behaved teenagers
- Understanding peer pressure and puberty
- Preparing children to leave home

Seminar 3

Getting Teenagers Connected

- Today's teenagers
- Our hopes and dreams
- Six ingredients for helping teenagers get connected
- Promoting self-esteem
- Promoting success and a sense of optimism
- Helps to develop a sense of personal integrity
- Protection against peer pressure
- Protection against depression and hopelessness



Call 910-449-9563 to register.

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