

Small changes,
big differences.



Positive Parenting Virtual Seminars

The Power of Positive Parenting

Tuesday
October 5, 2021
6:30 – 7:30pm

Raising Confident, Competent Children

Tuesday
October 12, 2021
6:30 – 7:30pm

Raising Resilient Children

Tuesday
October 19, 2021
6:30 – 7:30pm

These **Positive Parenting Program** (Triple P) seminars will provide parents of children ages 0 – 12 with a toolbox of strategies to raise confident and healthy children, build strong family relationships, manage misbehavior, and prevent problems from happening in the first place.

Participate virtually from the comfort of your own home and walk away with more knowledge and confidence as a parent! Attend one, two, or all three of the seminars at no cost to you. Brought to you by University of Wisconsin-Madison Division of Extension of Winnebago and Brown Counties.



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Register at:

<https://forms.gle/h6VaFAM6ukyADbSP7>

For more information, contact Amy Hendrickson at
amy.hendrickson@wisc.edu or 920-232-1973

Offered
FREE
via Zoom!

Parents participating in the Triple P seminar receive specific developmental and child development advice to optimize their child's development. Each seminar can be taken as a stand-alone or as part of an integrated series.

Seminar 1: The Power of Positive Parenting

This seminar introduces the five core principles of positive parenting:

- having a safe, interesting environment
- having a positive learning environment
- using assertive discipline
- having realistic expectations, and
- taking care of yourself as a parent/caregiver.



Seminar 2: Raising Confident, Competent Children

This seminar builds on the foundation seminar and shows parents how to teach children important values and skills, including:

- encouraging respect and cooperation
- being independent
- developing health self-esteem, and
- becoming good problem solvers.



Seminar 3: Raising Resilient Children

This seminar focuses on helping children learn emotional-regulation skills and shows parents how to teach their children about feelings, including:

- recognizing and accepting feelings
- expressing their feelings appropriately
- building positive feelings
- dealing with negative feelings
- developing coping skills, and
- dealing with upsetting or stressful life events.



Presented By:

Mandi Dornfeld, *Extension Winnebago County Human Development & Relationships Educator*

Todd Wenzel, *Extension Brown & Winnebago Counties Human Development & Relationships Educator*

Katie Polzin, *UW Oshkosh Head Start Family Resource Specialist*



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