

Small changes,  
big differences.



# Positive Parenting Virtual Seminars

## The Power of Positive Parenting

Wednesday,  
January 13  
5:30 - 7:00 p.m.



[Register](#)

## Raising Confident, Competent Children

Wednesday,  
January 20  
5:30 - 7:00 p.m.



[Register](#)

## Raising Resilient Children

Wednesday,  
January 27  
5:30 - 7:00 p.m.



[Register](#)

Offered  
**FREE** via  
Zoom for  
residents  
of Bayfield  
& Douglas  
counties  
and across  
the state.

Triple P - Positive Parenting Program seminars 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.



For More Information Contact: [tracy.henegar@wisc.edu](mailto:tracy.henegar@wisc.edu) / 715-395-1426

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.



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***If you require accommodations to participate in this programming, please call Tracy at 715-395-126 as soon as possible.***