

An Invitation for Parents from the Muskoka Triple P Network

Ideas for Parents of Children Aged 2 - 12

Raising Confident, Competent Children

Come and discuss how to use positive parenting principles to teach children important values and skills, including encouraging respect and cooperation, getting along with others, learning to be independent, and how to develop healthy self-esteem and become good problem solvers.

Tuesday May 2nd at Gravenhurst Public School

Raising Resilient Children

Teach your children emotional regulation skills by helping them to recognize and accept feelings, express their feelings appropriately, build positive feelings, deal with negative feelings, develop coping skills, and deal with upsetting or stressful life events.

Monday May 8th at Huntsville Public School

The Power of Positive Parenting

Join us to learn the five core principles of positive parenting – ensuring a safe, engaging environment for children, creating a positive learning environment, using assertive discipline, having realistic expectations, and taking care of yourself as a parent.

Tuesday May 16th at Bracebridge Public School

Timing for all is 6:00 - 8:00 pm

**Please register for the Seminars and/or FREE Childcare online
or call (705) 645-3027**

www.muskokafamilyfocus.com

**Free Transportation may be available by calling Ginny or Amy
at (705) 645-3027, ext 202**



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