MANAGING FIGHTING AND AGGRESSION

When children argue or fight, even become aggressive it can be hard for parents to know when to step in and how to calm things down. This discussion group looks at why children or siblings fight and gives practical suggestions to help you prevent problems and manage difficulties when they happen.

What are Triple P Discussion Groups?
Triple P Discussion Groups are short, group sessions that offer practical advice for tackling specific problem behaviour. They are run by a trained Triple P provider and the session brings together about 10-12 parents who are experiencing the same parenting problem.

What happens at a Discussion Group?
In a relaxed group session, your provider will give you tips and suggestions for dealing with your child’s problem behaviour. You will see short video clips showing other parents successfully dealing with the same issue and you’ll be encouraged to share your thoughts with the other parents in the group, if you want to. You will also be given a take home workbook with simple exercise and information to help you try your new strategies at home.

For Parents of Children from Birth to 12 Years

Date: Tuesday 1st September 2015
Time: 9.30am - 11.30am
Place: Albany Local Education Office
       85 Serpentine Road, Albany
Cost: FREE
      On-site child care can be booked at no cost
Facilitator: Jenny Allen
            Lead School Psychologist

Bookings are essential
For more information or to book a place in the group, contact Cindy on Ph: 98410 333 or
Email: cindy.cluett2@education.wa.edu.au
by 26th August 2015