



Cost

The programme is free for children and families/ whanau. It relies on donations for funding.

The major costs of the programme to the centre are senior supervisory staff and workbook resources. If you are willing to make a donation toward these costs and support another child to attend the programme we would be very grateful.

How do I make contact?

To find out dates when these groups will be run, check www.hsci.canterbury.ac.nz

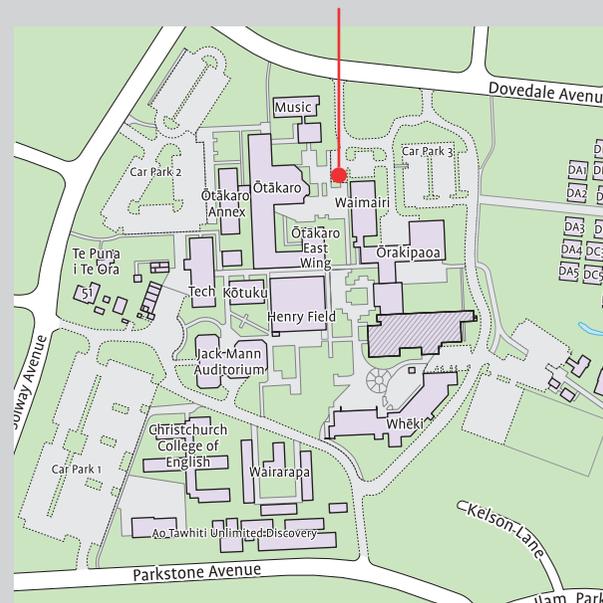
Phone: + 64 3 364 2987 ext 8691

Email: hscclinic@canterbury.ac.nz

Address: Pukemanu/Dovedale Centre, Waimairi Building, University of Canterbury, Dovedale Avenue (off Waimairi Road), Ilam

Location

Turn off Waimairi Road on to Dovedale Avenue. Take first entrance way on the left, marked 'Dovedale carpark 3'. Turn right at the first and second forks in the road and continue 30 metres until Health Sciences carpark.



Child and Family
Psychology Services
Pukemanu –
Dovedale Centre



Parenting Programmes.



UC EDUCATION, HEALTH
& HUMAN DEVELOPMENT
Te Rāngai Ako Me Te Hauora

Pukemanu Dovedale Parenting Programmes

Common parenting problems

If your child is under 10 years of age **Triple P Discussion Groups** provide practical advice for tackling specific problem behaviour. They are short (2 hour) small group sessions with other parents experiencing the same issue. There are four areas to choose from:

- What to do when kids say 'no'
- Getting kids to bed and keeping them there
- Managing fighting and aggression
- Hassle free shopping with children

These relaxed sessions involve tips, suggestions and practice for dealing with these behaviours and you will have help to make a plan to try out at home. Everyone gets a workbook that includes practical exercises to support you at home when you put into practice what you've learned. You can go to as many or as few as you wish.



Parenting 2–12 year olds

Sometimes parenting can feel like the toughest job in the world. Maybe you just want your child to listen and do as you've asked, or it may feel like a battle from breakfast to bedtime. You may simply want to find out how to set up better routines for mealtimes or bedtimes or it may be that nothing you do seems to make a difference. Whatever it is, you feel keen to learn more about positive parenting and how you can apply it to your family.

The **Group Triple P** course offers parents a chance to learn about effective parenting in a small group setting, with a maximum of 12 in each group. Parents learn how to manage their children's behaviour and prevent the kinds of problems that can make family life stressful. The course is made up of five group sessions and three individual follow up sessions by telephone. Right from the start you will learn effective tips and strategies to try at home.

Tuning into Kids – Emotionally Intelligent Parenting

Did you know that research has shown that emotional intelligence is a better predictor of academic and career success than IQ?! Are you interested in learning more about how to manage and best respond to your child's emotions? Build your child's resilience as you learn more about what emotionally intelligent parenting looks like in practice. Learn how YOU can teach YOUR child the skills they need to master their OWN emotions. This is a six session group program for parents of 3–8 year olds.

Imagine being able to confidently:

- talk with your child
- settle your child
- help your child learn to manage their emotions
- help prevent behaviour problems in your child
- teach your child to deal with conflict

If you would like to become a more emotionally intelligent parent, then this is the group for you!

Parenting Teens

Are you struggling with a teen talking back, being rude or not helping around the house? Are you worried about your teen and their computer usage, parties and peer pressure?

This course will focus on helping you manage the challenges you face as a parent if your child or adolescent is 10 years or older.

It involves building a positive relationship with your teen and helping them to develop their emotional health. You will learn how to teach them problem solving, making good choices and to negotiate through conflict. Setting reasonable boundaries and managing potentially risky situations is also covered.

If you're ready for an in depth look at parenting strategies that really work this 8 week **Group Teen Triple P** course is ideal for you.

