

**The Resilient Family Project of Catholic Charities  
offers TRIPLE P Discussion Group Sessions**

**Triple P is the  
Positive Parenting Program!**

**These are FREE Triple P discussion group sessions for parents & kinship caregivers of children aged 0-12.**

**For more information or to register for any of these sessions, please call Barbara of Catholic Charities at 419.512.9104.**



**DEALING WITH DISOBEDIENCE**

- Common problems
- Reasons for disobedience
- Prevention
- Teaching limits
- Dealing with disobedience

**MANAGING FIGHTING & AGGRESSION**

- Why children fight or lose control
- Teaching cooperative play
- Managing sibling conflict
- Dealing with destructive behavior

**DEVELOPING GOOD BEDTIME ROUTINES**

- Common problems at bedtime
- Reasons for bedtime problems
- Preventing bedtime problems
- Teaching good bedtime habits
- Managing nighttime problems

**HASSLE-FREE SHOPPING WITH CHILDREN**

- Reasons for misbehavior on shopping trips
- Preventing problems
- Dealing with misbehavior
- Developing a parenting plan for special times
- Adapting strategies to other challenges

