



Triple P Parenting Seminar

Parenting Traps and Strategies

Kids don't come with an instruction manual! Many familiar parenting problems have very simple solutions that can be applied with some effort and focus. Triple P's easy-to-understand and practical strategies have been shown to help families in all types of situations.

This session explains:

- how parents may get “trapped” in escalations and power struggles;
- why parents experience “defiance and non-compliance” when they ask or request their children to do something; and
- understanding various traps ways to avoid these traps and develop age appropriate and do-able strategies.

[Registration](#)

Parents, Grandparents and Caregivers!

Join us to share, learn and build a school culture where mental health and well-being is valued and promoted.

Date: Thursday, January 13, 2022

Time: 10:00 a.m – 11:30 a.m.

Location: Zoom Link will be provided

Facilitator: Uma Bhatt, R.S.W.
York Hills Centre for Children, Youth and Families

More Information:

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This free Parent Presentation is brought to you in partnership with York Hills Centre for Children, Youth and Families and York Region District School Board

