

Free online parent workshops

Term 2, 2025 Calendar

Facilitated by school psychologist consultants with the Department of Education WA

The Triple P and Child and Parent Centre teams are excited to offer a series of free workshops for families, hosted live online.

What is Triple P?

The Triple P - Positive Parenting Program gives parents and carers ideas and strategies to help their child develop the skills and behaviours they need for a healthy childhood. To learn more about Triple P, visit the [Education in WA](#) website. If you would like to register for face-to-face workshops, please visit the [Triple P in WA](#) website and search for upcoming sessions by location. Parents can also access a range of Triple P Online programs for free.

What is a Child and Parent Centre?

Child and Parent Centres support families across WA through a range of early learning programs, maternal and health services, and child support activities. Visit [Child and Parent Centres Western Australia](#) to view centre locations and enquire about programs.

How to register

Scan the QR code or [click here](#) to register for a workshop in the series. You will receive email confirmation and a link to join, with a reminder prior to the workshop. We would recommend downloading the [Webex app](#) ahead of the workshop for the best experience. Please note that these webinars are unable to be recorded.



Workshop	Date and Time
Screen smart: Healthy habits for a digital world (ages 4-10 years) Living in a digital age has benefits and risks for children and parents. Digital devices can be a source of fun, connection, entertainment and learning. This workshop gives some suggestions to help families establish healthy screentime habits and respond to common screentime problems and is based on the Triple P tip sheet <i>Healthy Screentime Habits</i> .	Monday 5th May 8.00pm – 10.00pm Power Hour: Lunchtime Session (a condensed, impactful session designed for lunchtime learning) Thursday 8th May 12.00pm – 1.00pm
Promoting digital wellbeing (pre-teen and teens 10-16 years) One of the challenges for parents is knowing how to monitor and manage their teenager's use of technology, such as the internet, websites, social media, smart phones and other communication	Thursday 15th May 7.00pm – 9.00pm

devices. This workshop will help you set rules and appropriate limits to encourage responsible, safe use of these evolving opportunities.	
Learning to use the toilet (toddlers and pre-schoolers) Teaching children to use the toilet independently can be challenging for parents. This workshop will provide tips on when your child may be ready, the skills needed to use the toilet, and some common behavioural issues related to using the toilet. This workshop is suitable for parents of children with neurotypical development and does not address any medical problems related to using the toilet.	Monday 19th May 8.00pm – 10.00pm
	Power Hour: Lunchtime Session (a condensed, impactful session designed for lunchtime learning) Monday 26th May 12.00pm – 1.00pm
	Monday 23rd June 8.00pm – 10.00pm
Raising confident, competent children (under 12 years) Children are more likely to be confident, succeed at school and get along with others when they develop certain life skills. These life skills include being respectful and considerate, communicating well with others, thinking positively and having healthy self-esteem, being a good problem solver, and becoming independent and able to do things for themselves. This workshop will provide ideas on how to help children learn these important life skills and become confident and competent individuals.	Wednesday 4th June 8.00pm – 10.00pm
Fear-Less: Supporting children with anxiety (6-14 years) Everyone feels anxious at times, even children and teenagers. But anxiety may cause distress and get in the way of life. This seminar will help parents to understand how anxiety works, how to manage your child's anxiety effectively and teach your child new coping skills.	Thursday 26th June 7.00pm – 9.30pm



Child and Parent Centres