

Triple P - Parent Discussion Groups

Facilitated by the Tauranga Moana RTLB Service at Matua School

Triple P Discussion Groups are an evidence-based, parent support programme designed to help parents and caregivers manage common, everyday challenges. A trained Triple P provider facilitates each group session for around 10–12 parents experiencing similar parenting concerns.

The following group sessions are available:

- **Dealing with disobedience** - We all know what it's like when our children don't do as they're asked. This parent discussion group shares positive, practical ideas to help children accept boundaries, cooperate more willingly, and follow directions in a supportive, respectful way.
- **Developing good bedtime routines** - Good sleep is important for children's wellbeing and helps parents have time to rest and recharge. As children grow, they can learn to become more independent with bedtime routines. This parent discussion group shares positive, practical ideas to help build calm bedtime routines and support children to settle and stay in their own bed through the night.
- **Managing fighting and aggression** - Disagreements and arguments are a normal part of childhood, but ongoing fighting can sometimes become difficult for families to manage. This parent discussion group shares positive, practical ideas to help children solve problems and get along better with others.
- **Hassle-free shopping with children** - This discussion explores strategies for managing children's behaviour during shopping trips. Parents will learn positive parenting techniques to prevent problems and encourage appropriate behaviour in public.
- **Hassle-free mealtimes with children** - This discussion explores factors that influence children's mealtime behaviours and healthy eating habits. Parents will learn strategies to encourage food variety, use positive parenting techniques to manage mealtime challenges, and create a practical mealtime plan for their family
- **Healthy Screentime Habits** - Digital devices can be a fun way for children to learn, connect, and be entertained, but managing screen time and online safety can sometimes be challenging. This parent discussion group shares positive, practical ideas to help build healthy screen time habits and respond to common screen time concerns.

Who is this for?

These sessions are open to any parent or caregiver of a child attending Matua School. This is a parent-focused group - children do not attend the sessions. We aim to create a safe and inclusive space for all families, and welcome diverse perspectives and experiences.

What to expect

- Sessions will be held at Matua School fortnightly, starting Thursday 20th August, 12:45-2:45pm.
- We will provide printed and digital resources to use in the session and at home.
- There will be opportunities for group discussion and reflection.

Confidentiality

Sessions are facilitated by Educational Psychologists from the Tauranga Moana RTLB Service. This means:

- Your privacy and dignity will be respected at all times.
- What is shared in the group stays in the group. All participants are expected to maintain each other's privacy and confidentiality. Facilitators will only share information if there's a concern about someone's safety.
- Contributing to the sessions is entirely voluntary. There is no obligation to share personal information.

Next steps

You are welcome to attend as many of the sessions as you like. If you have any questions, please contact Angela at angelab@matua.school.nz If you are interested in participating in a group session, please confirm with Angela Barlow to reserve your place.