

A strong voice for our future

BRITTANY LAUGA MP

B Urb Dev (Urb&Reg Plan)(Hons), C.dec

**MEMBER FOR KEPPEL
AND ASSISTANT MINISTER
FOR EDUCATION**



MEDIA RELEASE

27 February 2020

Free help for parents is on the way

Parents will be given tools to gain a better insight into their child's behaviour at a Triple P parenting seminar to be hosted by the Member for Keppel Brittany Lauga.

The free seminar, planned for April 7, is the second such event hosted by Ms Lauga and features high-level presenter Psychologist Dr Michael Herd to help:

- Raise happy, confident kids
- Manage misbehaviour so everyone in the family enjoys life more
- Set rules and routines that everyone respects and follows
- Encourage behaviour you like
- Take care of yourself as a parent
- Feel confident you're doing the right thing

Triple P Parenting is an internationally-acclaimed parenting program which is offered free by the Palaszczuk Government to all Queensland parents and carers of children up to 16 years of age.

Ms Lauga said that Triple P is considered one of the world's best because it has been scientifically shown to work and because it's already helped more than four million children and their families in more than 25 countries.

"The Queensland Government is now offering Triple P free as part of its commitment to supporting families across the state.

"This is a wonderful opportunity for me to be able to bring to the Rockhampton district a high calibre presenter in a free forum," said Ms Lauga.

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“This forum is not about judging anyone, but rather opens up discussions on a wide variety of issues and provides some more tools for your parental toolbox.”

Ms Lauga hosted a similar event in North Rockhampton in 2016.

“That event was packed out and I expect this next forum will be the same.

“I am happy to be able to provide a highly-regarded Triple P presenter free of charge to conduct a seminar for Keppel and Rockhampton parents.”

She said presenter Michael Herd is a registered psychologist who has worked with children and families as a teacher, guidance counsellor and psychologist for more than 30 years.

Michael spent nine years working as a contract trainer with Triple P International, and has a particular interest supporting families with children on the Autism Spectrum.

Ms Lauga is asking parents to suggest which of the four content briefs (below) they would prefer, and to vote online at <http://www.strawpoll.me/19451484>.

- **The Power of Positive Parenting:** For every parent who ever wondered: “Why does my child do that?” This seminar helps you understand the reasons kids do what they do, so you can guide their behaviour – and see more of the behaviour you like, and less of the behaviour you don’t like.
- **Raising Confident, Competent Children:** You can help your child become confident and successful – at school and beyond. Find out ways to encourage them to be respectful and considerate, communicate and get on well with others, feel good about themselves and become independent problem solvers.

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- **Raising Resilient Children:** How can you help your child manage their emotions so they cope well with disappointment and in stressful situations? Get the strategies that will allow them to recognise positive and negative emotions – and deal with them in a healthy way.
- **Cyberbullying:** A few years ago, bullying may have occurred mainly in and around the schoolyard. But now it reaches into our homes via phones, emails and social networking. That can make it harder to deal with for both parents and teenagers.

ENDS

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