



April 23, 2018

MEDIA RELEASE

Free parenting seminars on offer at Westfield Carindale & North Lakes

Westfield Carindale and North Lakes have started offering free parenting seminars under a plan to give parents easy access to the acclaimed Triple P – Positive Parenting Program.

Two booked out Triple P seminars have already been held at Carindale, with a third to take place this Saturday, April 28. Westfield North Lakes will start offering free seminars from May 16.

Triple P has been free in Queensland since mid-2015 through a state-funded, Australian-first initiative to give parents free, voluntary access to evidence-based parenting support. So far, an estimated 160,000 plus parents and carers have done Triple P online or in-person.

Triple P's Professor Matt Sanders said the plan to offer free parenting support in places like shopping centres where families naturally congregate was already proving a success.

"Our first three seminars at Westfield Carindale booked out as soon as we listed the details on our website, and we expect North Lakes to be just as popular," Prof. Sanders said.

"Triple P is now working with Westfield on how we can offer Triple P seminars more regularly and potentially more widely across other Westfield centres."

Westfield Carindale Centre Manager Jodie Gaske said Westfield prides itself on creating unique opportunities for families to gather together and connect.

"Families are at the heart of our community and we're proud to offer this free education program to parents looking for more support and information," Ms Gaske said.

A Triple P survey of almost 2000 Queensland parents earlier this year found their top five concerns were how to encourage kids to be healthy, manage screen time, cope with children's emotions, handle disobedience and deal with bullying.

Children raised in a positive parenting environment, guided by consistent rules and routines, reasonable expectations and appropriate consequences, are proven to have better communication and social skills, and more positive relationships.

Children whose parents have done Triple P also perform better academically, have better job prospects and health outcomes, and their parents report feeling less stressed and depressed.

Parents can visit www.triplep-parenting.net to find out how to get free parenting support.

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