

JAN WEST

BA (PSYCH)
MA (PSYCH)
DIP. ED
DIP. SCH. COUN
MAPS
MCCOUNP



Jan has spent a number of years working with children and adolescents with mental health and behavioural problems, both in the public and private sector.

She specialises in working with children with Attention Deficit Disorder and Asperger's.

She has developed and implemented a number of programs to assist children, adolescents and their parents.

Jan is also an accredited provider of the Triple P Parenting Program.



FRANCESCA HARVEY

BA (PSYCH)
MA (PSYCH)
MAPS



Francesca specialises in children and adolescents with learning and behavioural difficulties.

She has devoted much of her time working with children diagnosed with Attention Deficit Disorder.

She has a Masters in Family Therapy and recognises the importance of working with families as a whole.

Francesca designs and facilitates effective programs for children, adolescents, parents and schools.



Solution Focus Psychology

Information

Night for

Parents

POSITIVE
PARENTING TIPS



Your guide to better parenting.

Suite 301, Level 3, 84 Pitt St,
Sydney NSW 2000

02 9223 6660

POSITIVE PARENTING

Parenthood can be extremely rewarding, enlightening and enjoyable. It can also be demanding, frustrating and exhausting. Parenting is a very important role, yet most people begin their careers as parents with little preparation, and learn through trial and error.

This information night is based on the Triple P - Positive Parenting Program which was created by Professor Matthew Sanders and Professor Alan Ralph from the University of Queensland.

PARENTING SKILLS TO BE COVERED

Skills to strengthen parent-child relationships

- Spending quality time with children
- Consistency with both parents
- Showing affection



Skills to encourage desirable behaviour

- Positive reinforcement for appropriate behaviour

Skills for teaching children new behaviours and skills

- Using behaviour charts
- Setting bedtimes
- Toilet training
- Meal time behaviour



Skills for managing misbehaviour

- Using quiet time and time-out
- Rewards and consequences
- Ignoring inappropriate behaviour



SFP

ADDITIONAL SUPPORT

One on one sessions are available for parents with either Jan West or Francesca Harvey at Solution Focus Psychology. Call 9223 6660 for further information.

Date

To be advised.

Time

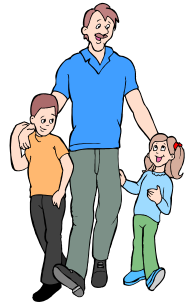
7:30pm - 9:30pm.

Venue

Held at your child care centre.

Cost

\$15 per person.



Further Information:

For further information please contact Francesca Harvey or Jan West.

Solution Focus Psychology

Level 3, 84 Pitt St,
Sydney NSW 2000

Ph: 02 9223 6660

Fax: 02 9231 6919

Email: consult@solutionfocus.com.au

Web: www.solutionfocus.com.au

