



Free online workshops for parents

Term 4, 2026

Who is running the workshops?

School Psychologist Consultants from the Department of Education WA.

What are the workshops about?

We are offering free, live online workshops to help parents and carers support their children. Most workshops are part of the **Triple P – Positive Parenting Program**, which gives simple ideas to help children learn skills, behave well, and feel confident. Some workshops may focus on other topics to support families.

Who can join?

All parents and carers are welcome. The workshops are free and online.

How do I join a workshop?

Scan the QR code or [click here](#) to register. You will receive a confirmation email with a Webex link and reminder before the session.

Note: Webinars are live and not recorded. For the best experience, we recommend downloading the [Webex app](#) before the session.



Want to learn more?

You can register for a range of free face-to-face, live online, or self-paced parenting programs via the [Department of Education WA](#) website: <https://www.education.wa.edu.au/triple-p>.

Child and Parent Centres also support families across WA with early learning programs, health services, and family support. Visit the [Child and Parent Centres WA](#) website to find a centre near you: <https://childandparentcentres.wa.edu.au>.



Child and Parent Centres

Workshop	Date and Time
Starting School Successfully – for children going into their first year of school This workshop provides a range of strategies that are helpful for families of children starting school in the next school year. Topics covered include supporting independence, learning to use the toilet and separation.	Friday 16th October 9.30 – 10.30 am Repeat session Friday 20th November 1.00 – 2.00 pm
Learning to use the Toilet (Triple P) Toddler age range Helping children learn to use the toilet can seem like a big task, especially if you are getting lots of different advice! This workshop gives some suggestions on how to help your toddler learn to use the toilet.	Friday 20th November 9.30 – 10.30 am Repeat session Friday 4th December 9.30 – 10.30 am
Stepping Stones Triple P: Helping your Child Reach Their Full Potential (under 12 years) For parents of children with neurodivergence, disability or additional needs, focusing on how to teach your child new skills and help them thrive.	Thursday 3rd December 9.30 – 11.30 am
Developing Bedtime Routines (Triple P) Toddler age range Having regular, quality sleep supports children's healthy development – this includes their behaviour, learning and memory as well as their social and emotional development. Following a consistent bedtime routine helps toddlers have healthy, independent sleep patterns. This workshop gives some suggestions on how to help your toddler develop a good bedtime routine.	Thursday 10th December 1.00 – 2.00 pm