



Free online workshops for parents

Term 2, 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
<p>Stepping Stones – Positive Parenting for Children with a Disability Parents of children with a developmental disability are given ways to deal with the kinds of childhood behaviour problems and issues that can make family life stressful. This seminar will help families with; Creating a safe, interesting environment, Having a positive learning environment, Using assertive discipline; Adapting to a child with a disability; Taking care of yourself; Being Part of the Community and; Having realistic Expectations as parents.</p>	<p>Monday 11th May 8.00pm – 10.00pm</p>
<p>Fear-Less: Supporting children with anxiety (6-14 years) Everyone feels anxious at times, even children and teenagers. But anxiety may cause distress and get in the way of life. This seminar will help parents to understand how anxiety works, how to manage your child's anxiety effectively and teach new coping skills.</p>	<p>Tuesday 12th May 7.00pm – 9.30pm</p>
<p>Independent Eating Family meals can be an enjoyable social event. Mealtimes with a toddler can be busy and chaotic while they are learning how to eat independently. This workshop gives some strategies to help you encourage your toddler to eat with a spoon, sit at a table with others and eat a variety of foods.</p>	<p>Power Hour: Lunchtime Session <i>A condensed, impactful session</i> Friday 22nd May 12.00pm – 1.00pm</p>
<p>Developing Screentime Routines The toddler years are a time of rapid growth and brain development. Toddlers develop best when their day is filled with a mix of physical activity, creativity and imaginative play, time with others and time to rest. Digital devices like phones, tablets, games and TV are part of everyday family life in most homes and can be part of a healthy lifestyle. This workshop gives some suggestions to help you establish healthy screen time routines.</p>	<p>Monday 25th May 8.00pm – 10.00pm</p>
<p>Making and keeping friends (10-16 years) Peer relationships become increasingly important during the teenage years, and parents may find it difficult to navigate and adjust to these changes in relationships. This session will provide suggestions on how to support your child to make friends, encourage positive relationships with peers, set appropriate boundaries and deal with challenges arising.</p>	<p>Tuesday 26th May 7.00pm – 9.00pm</p>
<p>Developing Good Bedtime Routines for Toddlers This session explores different problems parents commonly face at bedtime and some of the reasons why they happen. The skills children need to get into a good bedtime routine are discussed and parents are introduced to positive parenting strategies to help prevent problems by encouraging children to stay in their own bed throughout the night; using gentle, gradual and direct approaches and parents can choose which approach suits best.</p>	<p>Power Hour: Lunchtime Session <i>A condensed, impactful session</i> Friday 5th June 12.00pm – 1.00pm</p>
<p>Raising Confident Competent Children Parents are introduced to six core building blocks for children to become confident and successful at school and beyond including; This seminar will discuss; Showing respect to others; Being considerate; Having good communication and social skills; Having healthy self-esteem; Being a good problem solver and becoming independent.</p>	<p>Monday 8th June 8.00pm – 10.00pm</p>
<p>Power of Positive Parenting (children under 12 years) Children of all ages need a safe, secure and loving environment to do well. This seminar will discuss children's behaviour, how to create a safe, interesting and positive learning environment, how to use assertive discipline, and taking care of yourself as a parent.</p>	<p>Tuesday 23rd June 7.00pm – 9.00pm</p>