

# Free online workshops for parents

## Term 3, 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                                                                                                                                                           |
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| <b>Promoting digital wellbeing (Triple P) Pre-teens &amp; teenagers</b><br>A challenge for parents is knowing how to monitor and manage their teenager's use of technology. This workshop will help you set rules and appropriate limits to encourage responsible, safe use of these evolving opportunities.                                                                                                                                                                                                                                  | <b>Tuesday 4<sup>th</sup> August</b><br>7.00pm – 9.00pm                                                                                                                 |
| <b>Helping children develop healthy screentime habits (Triple P) up to 12 years</b><br>Screens are everywhere we turn and essential to daily life. We all need to work out how to use them in ways that help children's development. Problems can occur when we are using screens too much in a passive way. This workshop will provide practical tips and strategies to help develop healthy screentime habits for your family.                                                                                                              | <b>Friday 7<sup>th</sup> August</b><br>9.30am - 11.30am                                                                                                                 |
| <b>Responding to Bullying 6-12 years</b><br>Bullying is a common experience for many primary school children and can happen both online and in person. This workshop helps parents understand what bullying is, why it happens, and the impact it can have on a child's wellbeing and school experience. You will learn how to recognise the signs your child may be being bullied, what to do if concerns arise, and how to work with the school. A key focus of the session is practical strategies to help your child respond to bullying. | <b>Tuesday 18<sup>th</sup> August</b><br>7.00pm – 9.00pm                                                                                                                |
| <b>Raising Resilient Children (Triple P) 2-12 years</b><br>This workshop explores emotional resilience in children, including what it means, why it's important and how it benefits children. There are six important life skills that help children manage their emotions, and this workshop provides strategies for how parents can promote these skills.                                                                                                                                                                                   | <b>Friday 21<sup>st</sup> August</b><br>9.30am - 11.30am                                                                                                                |
| <b>Fear-Less (Triple P) 6-14 years: Supporting children with anxiety</b><br>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.                                                                                                                                                                                              | <b>Tuesday 1<sup>st</sup> September</b><br>7.00pm – 9.30pm                                                                                                              |
| <b>Starting School Successfully – for children going into their first year of school</b><br>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.                                                                                                                                                                                                                        | <b>Power Hour:</b><br><i>A condensed, impactful session</i><br><b>Friday 4<sup>th</sup> September</b><br>9.30am - 10.30am<br><b>Repeat session:</b><br>1.30pm - 2.30pm  |
| <b>Building Skills for School Success – for children in their first year of School</b><br>This workshop provides a range of strategies that are helpful for families of children in their first year of school. Topics covered include tricky social skills such as sharing and losing and supporting academic learning.                                                                                                                                                                                                                      | <b>Power Hour:</b><br><i>A condensed, impactful session</i><br><b>Friday 18<sup>th</sup> September</b><br>9.30am - 10.30am<br><b>Repeat session:</b><br>1.30pm - 2.30pm |