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## POSITIVE PARENTING TELEPHONE SERVICE

### What is the Positive Parenting Telephone Service?

This is a practical approach to raising children that focuses on building strong family relationships, encouraging good behaviour and teaching new skills.

It also involves helping children learn to be aware of the needs of others and to develop responsibility and self-control.

Children who grow up with positive parenting are more likely to gain the skills and confidence they need to be independent and to get along with others.

They are also less likely to develop behaviour problems.



### Who is the Service for?

The service offers a self-directed program to families with children ages from 2 to 10 who live in the state of Victoria.

### Positive parenting will show you how to:

- Build positive relationships with your children
- Encourage behaviour you want to see from your children
- Teach your children new skills
- Set rules and give instructions that your children will follow
- Respond to misbehaviour immediately, consistently and decisively
- Use behaviour strategies that work
- Develop realistic expectations of yourself and your children



*Make a positive start last a lifetime*

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## POSITIVE PARENTING TELEPHONE SERVICE

### Positive parenting will help show your children how to:

- Ask for help when they need it
- Control their tempers and think before they act
- Keep busy without constant adult attention
- Co-operate with other children and adults
- Solve problems for themselves.



### How does positive parenting work over the phone?

Parents are supported by weekly phone consultations over a 10 week period.

Parents play an active role in this structured parenting skills program by completing a series of practical and written tasks based on readings from a workbook or via online modules.

Extra resources are available to borrow if needed.

### How much does it cost?

There is no cost to participate in this program.

### How do I enrol or find out more about the program?

Call 1800 880 660

Gateway Health acknowledges  
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Government

