



Free online workshops for parents

Term 4, 2025

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
Learning to use the toilet (toddlers & pre-schoolers) Teaching children to use the toilet independently can be challenging for parents. This workshop will provide tips on when your child may be ready, the skills needed to use the toilet and some common behavioural issues related to using the toilet. This workshop is suitable for parents of children with neurotypical development and does not address medical problems related to using the toilet.	Monday 3rd November 8.00pm – 10.00pm Power Hour: Lunchtime Session <i>A condensed, impactful session</i> Friday 14th November 12.00pm – 1.00pm
Helping children develop healthy screentime habits (children under 12 years) Living in the digital age has benefits and risks for children and parents. Parents can help children learn to use devices responsibly and make sure screentime doesn't stop children doing other activities that are important for their development. This workshop gives suggestions to help you set up healthy screentime habits and respond to common screentime problems.	Monday 10th November 8.00pm – 10.00pm
Promoting digital wellbeing (pre-teens & teenagers) 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.	Tuesday 18th November 7.00pm – 9.00pm
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 you to understand how anxiety works, how to manage your child's anxiety effectively and teach your child new coping skills.	Tuesday 25th November 7.00pm – 9.30pm
Spending time apart (children starting school) All children learn to cope with temporary separations from their parents. Learning to be apart can be difficult for children and parents. This workshop gives suggestions to help you teach your child to be comfortable with others and separate calmly from you.	Power Hour: Lunchtime Session <i>A condensed, impactful session</i> Friday 5th December 12.00pm – 1.00pm
Starting school successfully (children starting school) Starting school is an exciting time of change for families. This session will cover practical tips to help your child, and your family, navigate the transition to school and set up a positive start to their learning journey.	Tuesday 2nd December 8.00pm – 10.00pm Power Hour: Lunchtime Session <i>A condensed, impactful session</i> Friday 12th December 12.00pm – 1.00pm
Doing well in high school (children starting secondary school) A challenge for parents of teenagers is knowing how to encourage them to make the most of their time at school. This workshop will help you teach your child key skills as they transition into high school: developing self-discipline, problem-solving, getting involved in school activities, following school rules, having supportive friends, attendance, and study habits.	Tuesday 9th December 7.00pm – 9.00pm

In addition to the above series, some schools across the state are offering additional online workshops. These can be accessed through the separate registration forms below. These sessions will be live-streamed from in-person events. The facilitator will contact you directly with a link to join.

Workshop, date and time	Registration link
Raising Responsible Teenagers (pre-teens and teenagers) Learn practical strategies to help your teen become a responsible, independent young adult. This session covers six key areas: family decision-making, respect, participation in family life, healthy habits, reliability, and assertiveness.	Monday 27th October 9:30am – 11.30am Register here
Raising competent teenagers (pre-teens and teenagers) Discover ways to help your teen succeed at school and beyond. This session covers six key areas: self-discipline, problem-solving, routines, school involvement, following rules, and building supportive friendships.	Monday 3rd November 9.30am – 11.30am Register here
Getting Teenagers Connected (pre-teens and teenagers) Explore ways to help your teen get positively involved with peers and the wider community. Learn how to encourage confidence, social skills, planning, commitment, staying in touch, and caring for others.	Monday 10th November 9.30am – 11.30am Register here
Starting school successfully (children starting school) Starting school is an exciting time of change for families. This session will cover practical tips to help your child, and your family, navigate the transition to school and set up a positive start to their learning journey.	Monday 24th November 9.30am – 11.30am Register here
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 session will help you to understand how anxiety works, how to manage your child's anxiety effectively and teach your child new coping skills.	Monday 8th December 9.30am – 11.30am Register here