



Triple P Parenting Group

For parent & Carers of children aged 5-11 years old



Perhaps you want help with a specific problems like tantrums or sleeping, bullying. Perhaps you don't have a specific problem but just want some easy to understand information and tips on parenting in general and what to expect at your child's stage of development. And as one of the only evidence-based parenting programs available, with over 30 years of proven clinical research to back it up, you can be sure Triple P works for the majority of families.

Sessions include:

- Causes of Children's Behaviour
- Building Positives Relationships
- Promoting desirable behaviours
- Managing Misbehaviour

The course runs for 8 weeks (3 of these sessions are telephone consultations with a group facilitator to help you tailor the programme to meet the challenges that you are experiencing or the support that you need).

If you are a parent or carer and you would like further information or to book a place on the above course then please contact us by email or phone:

School Nursing Single Point of Access: 01922 423349

Email: wht.wellbeing@nhs.net

Free!

