

Triple P

A programme to support our Parents/Carers



What is Triple P?

Triple P is a 8 week programme that helps parents by bringing them together to share the challenges, explore possible strategies and techniques that may help you and your and child at home.

Triple P can help build positive relationships with children, Encourage praise and appropriate behaviour, Teach children new skills, Set rules and give instructions for their children to follow, Deal with bad behaviour and help parent/carers to take care of themselves.



Is Triple P for parent/carers who can't cope?

***Absolutely not.** There is no right way to be a parent, but Triple P offers information and support that cuts through the confusion. You won't be judged or told what to do. You'll have a chance to choose the ideas which suit you and your family, then try them out at home.*

Every family has different problems but often people find that others in the group have similar difficulties. The groups are supportive and no problem is too big or too small.

How do I join the group?

If you are interested in joining this group please contact: Michelle Cox-Coley

01384 818630 or email: cox-coleym@halesbury.dudley.sch.uk

