GROUP TEEN TRIPLE P

- Teenagers behaviour becoming too much for you to manage?
- There is probably a lot of shouting and very little agreement. Maybe you do not bother trying to talk anymore.
- But you are worried. Where will this all end?
- Maybe it is not that bad. It is just that you realise things can change very quickly.
- Teen Triple P can give the support you need.

GROUP TEEN TRIPLE P IS A POSITIVE PARENTING PROGRAMME FOR PARENTS AND CARERS OF CHILDREN AGED 11 UPWARDS

The programme delivery is 8 weeks, currently being delivered virtually via zoom & phone calls over a structured 10 weeks. You will have a 1:1 session with a facilitator prior to joining the group and then will access 1 welcome group session followed by 4 group sessions which will give you the help you need to start parenting positively. This will be followed by 3 telephone calls to support you with putting into practice what you have learned at home with your teenager. There will then be 1 final group session to go over any problems you still have and celebrate just how far you have come.

AIMS AND OBJECTIVES

- build a strong relationship with your child
- encourage positive behaviours
- resolve conflict
- manage problem behaviours
- help your child stay safe

A PRACTICAL PARENTING PROGRAMME HELPING PARENTS MANAGE TEENAGE ISSUES -

Create a safe, interesting environment - create an environment that allows kids to explore safely and develop their skills.

Have a positive learning environment - give them positive attention, even if only for a minute or so. Encourage their ideas and opinions.

Use assertive discipline - set clear rules and boundaries and follow through with fair consequences.

Have realistic expectations - Nobody's perfect – remember, we all make mistakes sometimes.

Take care of yourself as a parent - It's all about balance.

GROUP TEEN TRIPLE P IS A GREAT CHANCE TO MEET OTHER PARENTS IN SIMILAR SITUATIONS WITH SIMILAR CONCERNS

At Group Teen Triple P, you'll be given tips and suggestions to suit the needs of your family. The *Every Parent's Guide to Teenagers* DVD will show you how the strategies work in real life and your workbook will give you the tools you need to start positive parenting right away.

Referrals can be made by completing the enclosed referral form and submitting to: CFSGroups@NCTrust.co.uk

Children, Young People and Families at the heart of all we do.
Northamptonshire Children's Trust

Delivering children's early help and social care services across Northamptonshire