

GROUP TRIPLE P 0-12



IS THIS YOUR FAMILY?

- Your child constantly misbehaves
- Other families don't seem to have it as tough as you
- Your family life is full of anger and tears
- There's probably a lot of shouting
- From breakfast to bedtime, it's a battle

If this sounds familiar, then Group Triple P could be for you.

GROUP TRIPLE P IS A POSITIVE PARENTING PROGRAMME FOR PARENTS AND CARERS OF CHILDREN UP TO THE AGE OF 12

Group Triple P is a positive parenting programme that shows parents and carers how the key principles of positive parenting can help their families. It helps build positive behaviour in children and confidence in parents/carers abilities. It does this by offering strategies and ideas to support parents/carers to build a positive relationship with their child. It helps parents to learn how to respond in a consistent way and how to ensure that they take care of themselves as parents.

GROUP TRIPLE P CAN HELP YOU:

- Encourage behavior you like
- Deal with problem behavior
- Become confident as a parent
- Be realistic about parenting
- Take care of yourself



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 child. There will then be 1 final group session to go over any problems you still have and celebrate just how far you have come.

GROUP TRIPLE P IS A GREAT CHANCE TO MEET OTHER PARENTS IN SIMILAR SITUATIONS FACING SIMILAR ISSUES

At Group Triple P, you'll be given tips and suggestions to suit the needs of your family. Your Triple P provider will guide you every step of the way and even provide backup phone support as you put your new skills into practice. The *Every Parent's Survival Guide* 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

