



Contact us

If you are a school, voluntary, or community organisation and would like us to deliver a Triple P seminar, discussion or group, please email or phone

@ triplep@bedford.gov.uk

📞 01234 276367

Please note that the courses outlined within this leaflet are just one part of many family and parent support services that are offered from Bedford Early Help Service.

For information on the range of services available to families and professionals please visit the Early Help website at <https://earlyhelp.bedford.gov.uk>

Alternatively if you are looking to find out more about our other parenting support you can email parenting.programmes@bedford.gov.uk



Early Help Positive Parenting

Information Leaflet - January to March 2020



“Right support **Right action** Right time”



Triple P

Group Triple P is an 8-week programme for any parent/carer of a child/ren aged 0-12 years. Groups are small (usually 8 – 10 parents/carers) and are made up of people who all want the same thing – to do the best for their children and enjoy a happy family life. Groups are run by accredited Triple P facilitators. There are four 2-hour group sessions (held weekly), followed by two/three 15 – 30 minute weekly phone calls to discuss your progress and any concerns you may have, and then a final group session.

You will learn about:

- Effective Parenting Strategies
- How to promote your child's development
- How to manage common child behaviour problems
- Principles to help you deal with almost any situation that may arise.
- Parents/carers should be available to attend every session.

Life with teenagers can be a challenge and Teen Triple P really understands that. As your children move to their teens, parents & carers have to learn a whole new set of parenting skills and as we know, this is difficult. The 8 week Teen Triple P programme offers parents & carers' knowledge and new skills to be able to manage conflict with teens, relate to them as they continue to grow, improve communication and promote their children's independence as they enter early adulthood. Come along and gain the skills to be able to live more positively with your teens or develop the knowledge to manage conflict with them.

Discussion Groups and Seminars

You may prefer to come along to Triple P Discussions/seminars. This is a great way to cover key areas we know many parents want information and help with, including:

- Understanding general parenting issues, why children tend to behave in certain ways under certain influences, and what they best respond to.
- Dealing decisively and effectively with behaviours such as aggression, non-cooperation and disobedience.
- Recognising and managing situations that might be less obvious such as sadness, anxiety, difficulty with separation and problems mixing with other children.

0-12 seminars will cover:

- The power of positive parenting
- Raising confident competent children
- Raising resilient children

The Early Help Parenting offer helps families in Bedford to flourish by giving parents the confidence, skills, knowledge and understanding to build a strong family life to keep children safe, healthy and happy.

Provided for FREE, we support parents and carers with children aged 0 to 19yrs as well as children and young people. We offer a range of information and support, from short workshops, seminars, group discussions and courses.

Whatever the types of support you require just ask, as we can accommodate most requests and best of all it is all **free!**

Early Help Parenting Offer

Through our Parenting Offer:

- We provide supportive action for families at every stage of their children's lives, in conjunction with a wide range of partner agencies.
- We support families to strengthen family relationships.
- We offer a flexible range of support options to meet the needs of individual families, from information and advice, parenting support in the home, group work programmes and support for children in school.

We also work in conjunction with a range of agencies to provide:

- Parenting programmes in Children's Centres
- Parenting workshops and seminars
- If we can't help you we will put you in contact with someone who can.

Discussion Group Dates from January to March 2020

Group Name	Venue	Date/Times	Who For?
Getting Teenagers to Co-operate	Lincroft Academy Station Rd, Oakley, Bedford MK43 7RE	Thursday 16th January 7pm - 9pm	Parents and carers of children aged 12 and above
Managing Fighting and Aggression	Camestone School 4 Jowitt Ave, Kempston, Bedford, MK42 8NW	Monday 20th January 1.15pm-3.15pm	Parents and Carers of Children aged 3yrs to 12yrs
Reducing Family Conflict	Kempston Youth Centre Hillgrounds Road, Kempston, Bedford MK42 8QP	Thursday, 30th January, 7-9pm	Parents and carers of children aged 12 and above
Managing Fighting and Aggression	Wootton Lower School Harris Way, Wootton, MK43 9FZ	Tuesday 4th February 1pm-3pm	Parents and Carers of Children aged 3yrs to 12yrs
Coping with Teenage emotions	Lincroft Academy Station Rd, Oakley, Bedford MK43 7RE	Thursday 6th February 7pm-9pm	Parents and carers of children aged 12 and above
Managing Fighting and Aggression	Kempston Youth Centre Hillgrounds Road, Kempston, Bedford MK42 8QP	Thursday 13th February 7-9pm	Parents and Carers of Children aged 3yrs to 12yrs
Dealing with Disobedience	Camestone School 4 Jowitt Ave, Kempston, Bedford MK42 8NW	Monday 24th February 1.15pm-3.15pm	Parents and Carers of Children aged 3yrs to 12yrs
Dealing with Disobedience	Wootton Lower School Harris Way, Wootton, MK43 9FZ	Tuesday 3rd March 1pm-3pm	Parents and Carers of Children aged 3yrs to 12yrs
Building Teenagers Survival Skills	Lincroft Academy Station Rd, Oakley, Bedford MK43 7RE	Thursday 5th March 7pm-9pm	Parents and carers of children aged 12 and above
Managing Fighting and Aggression	Wootton Lower School Harris Way, Wootton, MK43 9FZ	Tuesday 24th March 1pm-3pm	Parents and Carers of Children aged 3yrs to 12yrs
Reducing Family Conflict	Lincroft Academy Station Rd, Oakley, Bedford MK43 7RE	Thursday 26th March 7pm - 9pm	Parents and carers of children aged 12 and above

Group Dates from January to March 2020

Group Name	Venue	Date/Times	Who For?
3-12yrs Triple P Group	Cauldwell Primary School Edward Rd, Bedford MK42 9DR	Tuesday's, 9.30am-11.30am, 25th February, 3rd, 10th ,17th ,24th, 31st March	Parents and Carers of children aged 3-12yrs

For further information on the next Transition group please contact

@ triplep@bedford.gov.uk



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