



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



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Early Help Positive Parenting

Information Leaflet - September to December 2018



“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 behavioural problems
- Principles to help you deal with almost any situation that may arise.
- Parents/carers should be available to attend every session.

Teen Triple P Programme

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

What is the Early Help Parenting offer?

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 September to December 2018

Discussion Group	Venue	Date/Times	Who For?
Getting Teenagers to Co-operate	Sharnbrook Upper School, Odell Road, Sharnbrook, Bedford MK44 1JL	Thursday 7pm-9pm 20th September 2018	Parents and Carers of children aged 12yrs and above
Reducing Family Conflict	St Thomas More Catholic School, Tyne Crescent, Bedford MK41 7UL	Monday 7pm-9pm 24th September 2018	Parents and Carers of children aged 12yrs and above
Hassle Free Shopping with Children (Dealing with High Risk Situations)	Bromham CofE Primary School, Bromham, Bedford MK43 8LF	Wednesday 9.30am-11.30am 26th September 2018	Parents and Carers of children aged 3yrs to 12yrs
Coping With Teenager's Emotions	St Thomas More Catholic School, Tyne Crescent, Bedford MK41 7UL	Monday 7pm-9pm 15th October 2018	Parents and Carers of children aged 12yrs and above
Managing Fighting and Aggression	Bromham CofE Primary School, Bromham, Bedford MK43 8LF	Wednesday, 9.30am-11.30am 17th October 2018	Parents and Carers of children aged 3yrs to 12yrs
Building Teenagers Survival Skills	Sharnbrook Upper School, Odell Road, Sharnbrook, Bedford MK44 1JL	Thursday 7pm-9pm 18th October 2018	Parents and Carers of children aged 12yrs and above
Developing Good Bedtime Routines	Camestone School, 4 Jowitt Avenue, Kempston, Bedford MK42 8NW	Friday 1pm-3pm 2nd November 2018	Parents and Carers of children aged 3yrs to 12yrs
Hassle Free Shopping with Children (Dealing with High Risk Situations)	Great Barford Primary Academy, 12 Silver Street, Great Barford, Bedford MK40 1SU	Monday 9.30am-11.30am 5th November 2018	Parents and Carers of children aged 3yrs to 12yrs
Dealing with Disobedience	Great Barford Primary Academy, 12 Silver Street, Great Barford, Bedford MK40 1SU	Monday 9.30am-11.30am 12th November 2018	Parents and Carers of children aged 3yrs to 12yrs
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Group Dates from September to December 2018

Group Name	Venue	Date/Times	Who For?
Teen Triple P Group	Project 229, 227-229 Bedford Road, Kempston, Bedford MK42 8DA	Wednesdays 7pm-9pm 26th September 3rd, 10th, 17th, 31st October 2018	Parents and Carers of children aged 12yrs and above
3-12 years Triple P	Cotton End Primary School, 37 High Road, Cotton End, Bedford MK45 3AA	Tuesdays 1.30pm-3.30pm 6th, 13th, 20th, 27th November 4th, 11th December 2018	Parents and Carers of children aged 3yrs to 12yrs

To book on to any of the above courses contact ☎ **01234 276367**
or email us on @ **triplep@bedford.gov.uk**

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