



Putting children, young people
and families first



Triple P stands for Positive Parenting Programme

Triple P helps you understand how your family works so you can use the things you already think, feel, say and do in new ways.

Triple P helps you:

- Create a stable, supportive, harmonious family environment.
- Teach your children the skills they need to get along with others.
- Deal positively, consistently and decisively with problem behaviour should it arise
- Encourage behaviour you like
- Develop realistic expectations of your children and yourself
- Take care of yourself as a parent.

The Triple P parenting course runs over 8 weeks and consists of:

1. Four weekly, 2 hour group sessions
2. Three weekly telephone calls with one of the facilitators
3. One final group session.

The Course will run at The Children's Centre Farm.