

Triple P Online

The current climate has raised new parenting challenges for everyone. Children and teenagers have experienced disruptions to their daily life and increased worries about their safety and that of their family and friends. Children can react in unexpected ways because they cannot express how they are feeling.

The Triple P – Positive Parenting Program's simple, practical strategies have been proven to work around the world, helping parents raise happy, confident children; set family routines and rules that everyone can follow; and balance work and family life with less stress.

You want the best for your family — to set up your children and teenagers for success and create a happier, calmer family life. But when do you learn how to parent, how to parent a teenager? How do you raise successful children?

Triple P online could answer all your questions but still lets you choose the strategies that fit your family's needs?

Triple p online & teen triple p online put you in control so you can:

- Choose the strategies that fit your family
- Do your course anywhere, anytime – 24/7
- Work at your own pace
- Print your graduation certificate once you've successfully finished the programme

To access Triple P Online, please contact TripleP@bedford.gov.uk

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



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

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



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.

Family Transitions Triple

Family Transitions Triple P is designed for parents who are experiencing personal distress from separation or divorce, which is impacting on or complicating their parenting.

The course focuses on skills to resolve conflicts with former partners and how to cope positively with stress.

Who can attend?

Parents going through separation or divorce where there are unresolved conflicts and difficulties communicating effectively with former partners. Parents may be concerned that the separation or divorce is upsetting their children.



Early Help Positive Parenting

Information Leaflet - January to March 2021



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



Triple P Dates from January to March 2021

Group Name	Venue	Time/Date	Who For?
Triple P Group for Arabic Speaking Mothers	Currently all our course are being delivered via Video Conferencing	Tuesdays, 9.30am-11.30am, 5th, 12th, 19th, 26th January, 2nd, 9th, 16th, 23rd February	Arabic Speaking Parents and Carers of Children aged 3yrs to 12yrs
Triple P Group for Arabic Speaking Fathers	Currently all our course are being delivered via Video Conferencing	Thursdays, 4pm- 6pm 7th, 14th, 21st, 28th January, 4th, 11th, 18th, 25th, February	Arabic Speaking Parents and Carers of Children aged 3yrs to 12yrs
Transitions Group A	Currently all our course are being delivered via Video Conferencing	Thursdays, 4pm-6pm 21st, 28th January and 4th February	Separated or Separating Parents of children aged 0-18yrs
Transitions Group B	Currently all our course are being delivered via Video Conferencing	Tuesdays, 10am-12pm 26th January, 2nd, 9th February	Separated or Separating Parents of children aged 0-18yrs
Managing Fighting and Aggression	Currently all our course are being delivered via Video Conferencing	Monday 18th January 10am-12pm	Parents and Carers of Children aged 3yrs to 12yrs
Teen Brain Matters	Please use Eventbrite to book onto this workshop. https://www.eventbrite.co.uk	Thursday, 28th January 7pm-9pm	Parents and carers of children aged 12 and above
Dealing with Disobedience	Currently all our course are being delivered via Video Conferencing	Monday 1st February 7-9pm	Parents and Carers of Children aged 3yrs to 12yrs
Coping with Teenage Emotions	Currently all our course are being delivered via Video Conferencing	Wednesday 10th February 1pm-3pm	Parents and carers of children aged 12 and above
Dealing with Disobedience	Currently all our course are being delivered via Video Conferencing	Monday 22nd February 10am-12pm	Parents and Carers of Children aged 3yrs to 12yrs
Teen Brain Matters	Please use Eventbrite to book onto this workshop. https://www.eventbrite.co.uk	Monday, 1st March 6.30pm-8.30pm	Parents and carers of children aged 12 and above
Managing Fighting and Aggression	Currently all our course are being delivered via Video Conferencing	Monday 8th March 7-9pm	Parents and Carers of Children aged 3yrs to 12yrs
Reducing Family Conflict	Currently all our course are being delivered via Video Conferencing	Thursday 18th March 7pm-9pm	Parents and carers of children aged 12 and above
Teen Brain Matters	Please use Eventbrite to book onto this workshop. https://www.eventbrite.co.uk	Thursday 25th March 7pm-9pm	Parents and carers of children aged 12 and above

To book on to any of the above courses email us on

@ triplep@bedford.gov.uk



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