



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 2019



“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/careers) 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/careers 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 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

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.

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!**

Discussion Group Dates from January to March 2019

Discussion Group	Venue	Date/Times	Who For?
Managing Fighting and Aggression	Hazeldene School, Stancliffe Road Bedford MK41 9AT	Wednesday 9.15am-11.15am 16th January 2019	Parents and Carers of Children aged 3yrs to 12yrs
Hassle Free Shopping with Children (Dealing with High Risk Situations)	Lakeview School, School Lane Wixams, Bedford MK42 6BH	Thursday 9.15am-11.15am 17th January 2019	Parents and Carers of Children aged 3yrs to 12yrs
Getting Teenagers to Co-Operate	Goldington Academy, Haylands Way Bedford MK41 9BX	Monday, 7pm-9pm 21st January 2019	Parents and Carers of children aged 12yrs and above
Reducing Family Conflict	Mark Rutherford School, Wentworth Drive Bedford MK41 8PX	Wednesday, 7-9pm 30th January 2019	Parents and Carers of children aged 12yrs and above
Coping with Teenage Emotions	Goldington Academy, Haylands Way Bedford MK41 9BX	Monday, 7pm-9pm, 4th February 2019	Parents and Carers of children aged 12yrs and above
Developing Good Bedtime Routines	Hazeldene School, Stancliffe Road Bedford MK41 9AT	Wednesday 9.15am-11.15am 6th February 2019	Parents and Carers of Children aged 3yrs to 12yrs
Dealing with Disobedience	Lakeview School, School Lane Wixams, Bedford MK42 6BH	Thursday 9.15am-11.15am 7th February 2019	Parents and Carers of Children aged 3yrs to 12yrs
Getting Teenagers to Co-Operate	Mark Rutherford School, Wentworth Drive Bedford MK41 8PX	Wednesday, 7pm-9pm 20th February 2019	Parents and Carers of children aged 12yrs and above
Hassle Free Shopping with Children (Dealing with High Risk Situations)	Hazeldene School, Stancliffe Road Bedford MK41 9AT	Wednesday 9.15am-11.15am 27th February 2019	Parents and Carers of Children aged 3yrs to 12yrs
Building Teenagers Survival Skills	Goldington Academy, Haylands Way Bedford MK41 9BX	Monday, 7pm-9pm 4th March 2019	Parents and Carers of children aged 12yrs and above
Developing Good Bedtime Routines	Lakeview School, School Lane Wixams, Bedford MK42 6BH	Thursday 9.15am-11.15am 7th March 2019	Parents and Carers of Children aged 3yrs to 12yrs
Building Teenagers Survival Skills	Mark Rutherford School, Wentworth Drive Bedford MK41 8PX	Wednesday, 7pm-9pm 13th March 2019	Parents and Carers of children aged 12yrs and above
Dealing with Disobedience	Hazeldene School, Stancliffe Road Bedford MK41 9AT	Wednesday 9.15am-11.15am 20th March 2019	Parents and Carers of Children aged 3yrs to 12yrs
Reducing Family Conflict	Goldington Academy, Haylands Way Bedford MK41 9BX	Monday, 7pm-9pm 25th March 2019	Parents and Carers of children aged 12yrs and above
Managing Fighting and Aggression	Lakeview School, School Lane Wixams, Bedford MK42 6BH	Thursday 9.15am-11.15am 28th March 2019	Parents and Carers of Children aged 3yrs to 12yrs
Coping with Teenagers Emotions	Mark Rutherford School, Wentworth Drive Bedford MK41 8PX	Wednesday, 7pm-9pm 3rd April 2019	Parents and Carers of children aged 12yrs and above

Group Dates from January to March 2019

Group Name	Venue	Date/Times	Who For?
3-12yrs Triple P Group	Great Ouse Primary Academy Seaforth Gardens Bedford MK40 4TJ	Tuesdays, 9.30am-11.30am 15th, 22nd and 29th January 2019 5th and 19th February	Parents or Carers of Children aged 3yrs to 12yrs
3-12yrs Triple P Group	All Nations Church Brickhill Drive Bedford MK41 7QF	Tuesdays, 7pm-9pm 19th and 26th February 2019 5th, 12th, 19th and 26th March 2019	Parents or 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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