

- 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.

#### Through our Parenting Offer:

### 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!**

### What is the Early Help Parenting offer?



### 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](mailto: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](mailto:parenting.programmes@bedford.gov.uk)



### Discussion Groups and Seminars

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.

### Teen Triple P Programme

**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.

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.

### Triple P



# Early Help Positive Parenting

Information Leaflet  
January to March 2018



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



- 0-12 seminars will cover:**
- The power of positive parenting
  - Raising confident competent children
  - Raising resilient children
  - 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.
- 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:

# Discussion Group Dates from January to March 2018

Discussion Group	Venue	Date/Times	Who For?
Dealing with Disobedience	St Joseph's School, Chester Road, Bedford MK40 4HN	17th January 2018 1pm-3pm	Parents and Carers of children aged 3-12yrs
Getting Teenagers to Cooperate	St Thomas More Catholic School, Tyne Crescent, Bedford MK41 7UL	18th January 2018 7pm-9pm	Parents and Carers of children aged 12yrs old and upwards
Developing Good Bedtime Routines	Camestone School, Jowitt Ave, Kempston, MK42 8NW	19th January 2018 1pm-3pm	Parents and Carers of children aged 3-12yrs
Developing Good Bedtime Routines	Edith Cavell Primary School, Manton Lane, Bedford MK41 7NH	22nd January 2018 9.30am-11.30am	Parents and Carers of children aged 3-12yrs
Developing Good Bedtime Routines	St Joseph's and St Gregory's Primary School, Chester Road, Bedford MK40 4HN	24th January 2018 1pm-3pm	Parents and Carers of children aged 3-12yrs
Coping with Teenagers Emotions	St Thomas More Catholic School, Tyne Crescent, Bedford MK41 7UL	25th January, 2018 7pm-9pm	Parents and Carers of children aged 12yrs old and upwards
Dealing with Disobedience	Camestone School, Jowitt Ave, Kempston, MK42 8NW	26th January 2018 1pm-3pm	Parents and Carers of children aged 3-12yrs
Managing Fighting and Aggression	Edith Cavell Primary School, Manton Lane, Bedford MK41 7NH	29th January 2018 9.30am-11.30am	Parents and Carers of children aged 3-12yrs
Hassle Free Shopping with Children	St Joseph's and St Gregory's Primary School, Chester Road, Bedford MK40 4HN	31st January 2018 1pm-3pm	Parents and Carers of children aged 3-12yrs
Building Teenagers' Survival Skills	St Thomas More Catholic School, Tyne Crescent, Bedford MK41 7UL	1st February, 2018 7-9pm	Parents and Carers of children aged 12yrs old and upwards
Dealing with Disobedience	Edith Cavell Primary School, Manton Lane, Bedford MK41 7NH	5th February 2018 9.30am-11.30am	Parents and Carers of children aged 3-12yrs
Managing Fighting and Aggression	St Joseph's and St Gregory's Primary School, Chester Road, Bedford MK40 4HN	7th February 2018 1pm-3pm	Parents and Carers of children aged 3-12yrs
Reducing Family Conflict	St Thomas More Catholic School, Tyne Crescent, Bedford MK41 7UL	8th February, 2018 7pm-9pm	Parents and Carers of children aged 12yrs old and upwards
Managing Fighting and Aggression	Camestone School, Jowitt Avenue, Kempston MK42 8NW	9th February 2018 1pm-3pm	Parents and Carers of children aged 3-12yrs
Hassle Free Shopping	Camestone School, Jowitt Avenue, Kempston MK42 8NW	23rd February 2018 1pm-3pm	Parents and Carers of children aged 3-12yrs

## Group Dates from January to March 2018

Group Name	Venue	Date/Times	Who For?
0-12 years Triple P	Scott Primary School, Hawk Dr, Bedford MK41 7JA	Friday, 9am-11am 2nd, 9th, 23rd February; 2nd, 9th, 16th, 23rd March	Parents and Carers of children aged 3-12yrs
0-12 years Triple P	Bromham CofE Primary School, Grange Lane Site, Grange Lane, Bromham, Bedford MK43 8LF	Tuesday, 9.30am-11.30am 20th and 27th February; 6th, 13th, 20th, 27th March	Parents and Carers of children aged 3-12yrs
Teen Triple P	Biddenham School Biddenham Turn, Bedford MK40 4AZ	Wednesday, 7pm-9pm 21st, 28th February; 7th, 14th, 21st, 28th March	Parents and Carers of children aged 12yrs old and upwards

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

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

