



Triple P... taking the guess work out of parenting

When it comes to raising children and teenagers, everyone has an opinion.

There are so many ideas out there, so how do you know what's best and what works?

Early Help 'Triple P' gives parents simple tips to help manage the big and small problems of family life. Problems like toddler tantrums or teenage rebellion, Self-esteem issues, Bedtime battles, Disobedience, Aggression. Triple P can help you deal with them all – and more.

Triple P – Positive Parenting Program responds to the needs of parents introducing core parenting skills – giving parents simple and practical strategies to help them confidently manage their children's behaviour, prevent problems developing and build strong, healthy relationships.

How it's delivered?

Early Help's Triple P delivery is a FREE service, aimed at families with children aged 3 to 16 years. The programme contains a variety of discussions, video clips, worksheets and booklets for you to take away.

Our aim is to empower and equip parents with key skills to better deal with the everyday and on occasions extreme parenting challenges. Giving parents the kind of solid parenting information and support that can reduce their distress and help prevent behavioural problems in children.

We will be delivering a series of workshops at your child's school over the coming months which are free for you to attend. So please come along and join in with this ground-breaking programme.

For further information contact martyn.lee@bedford.gov.uk, or call 01234 276147.

Yours hopefully

Martyn Lee

Early Help Professional

Martyn.lee@bedford.gov.uk

01234 276147

GROUP DATES FROM January to April 2017

GROUP NAME	VENUE	DATE/TIMES	WHO FOR?
0-12 years Triple P	Great Denham School Greenkeepers Road, Great Denham, MK40 4GH	Tuesday's, 6.30pm- 8.30pm	Parents and Carers of children aged 0 to 12 years old
0-12 years Triple P	Beauchamp Middle School, Hawk Drive, Mk41 7JE	Mondays, 9.30-11.30am	Parents and Carers of children aged 0 to 12 years old
Teen Triple P	St Gregory's Academy, Biddenham Turn, Biddenham, MK40 4AT	Wednesdays, 1pm - 3pm	Parents and Carers of children aged 12- 18years
0-12 years Triple P	Priory Lower School, Greyfriars, MK40 1JD	Wednesdays, 1pm - 3pm	Parents and Carers of children aged 0 to 12 years old
0-12 years Triple P	Polish School at Goldington Green Academy, Goldington Green, MK41 0DP	Saturday's 14 th , 21 st , 28 th January, 4 th 11 th 18 th February	Polish speaking Parents and Carers of children aged 0 to 12 years old
Teenagers Triple P	Polish British Integration Centre (PBIC), 1 Lurke Street, Bedford, MK40 3TN	Wednesday 6.30pm-8.30pm 22 nd February, 1 st , 8 th , 15 th , 22 nd , 29 th , ? March	Polish speaking Parents and Carers of children aged 12- 18years

Discussion Group dates January to April 2017

Discussion Group	Venue	Date/Times	Who For
Dealing with Disobedience Managing Fighting and Aggression Developing Good Bedtime Routines	Hazeldene Lower School, Stancliffe Road, MK41 9AT	Wednesday's, 25th January - 9.30-11.30am 22nd Feb - 9.30-11.30am 29th March - 9.30-11.30am	Parents and Carers of children aged 0 to 12 years old
Dealing with Disobedience Managing Fighting and Aggression Reducing Family Conflict	Harrold Priory Middle School, Mowhills, Harrold, MK43 7DE	Thursdays, 26 th January- 9.30-11.30am 23 rd February- 9.30-11.30am 30 th March- 9.30-11.30am	Parents and Carers of children aged 0 to 14 years old
Dealing with Disobedience Managing Fighting and Aggression Developing Good Bedtime Routines	Springfield Lower School, Orchard Street, Kempston, MK42 7LJ	Tuesday's, 31st January - 9.30 to 11.30 28th February - 9.30 to 11.30 28th March- 9.30 to 11.30	Parents and Carers of children aged 0 to 12 years old
Dealing with Disobedience Managing Fighting and Aggression Developing Good Bedtime Routines	Ravensden Lower school, Vicarage Close, Ravensden, MK442RW	Thursdays, 26th January- 1pm-3pm 2 nd March- 1pm-3pm 30th March- 1pm-3pm	Parents and Carers of children aged 0 to 12 years old

To book on to any of the above courses contact Tel: 01234 276147 or email us on triplep@bedford.gov.uk