

GENERAL INFORMATION

All our Triple P groups are available to be accessed during the day or in the evening, depending on the needs of the parents. Groups are delivered in a fun and friendly way whilst following the Triple P programme. Parents are encouraged to take part as fully as possible, to get the maximum benefit from the sessions. Group discussions are encouraged and 1 to 1 support is also available if this is needed.

Parents are expected to complete their workbooks both in the sessions and at home, ready for the next session. There is also some homework which involves tracking their child's behaviour using various methods. Support is available for this if needed.

In addition to the Triple P courses on the previous pages we also offer 1 to 1 support using:

PRIMARY CARE TRIPLE P

Primary Care Triple P is 4 sessions, usually delivered to each family over 5 weeks. The aim is to focus on encouraging desirable positive behaviour using effective strategies that work best for the individual family, rather than a "one size fits all" approach. The course provides strategies for all aspects of parenting, so the information you receive will ensure that you are confident in putting strategies in place for all ages. Various resources are used including a parent workbook, relevant informative tip sheets to support with specific behaviour issues and monitoring forms for tracking specific behaviours.

Primary Care Triple P is available for parents of children from age 2 years up to 11 years and also for parents of Teens aged 12-16yrs old and this is delivered on a 1-2-1 basis to the young person.

PARENTING QUESTIONNAIRES

At the start of each group every parent is asked to complete 3 parenting questionnaires which are then scored using clinical guidelines. These measure parental emotional wellbeing, parenting approach and their child's behavioural difficulties. The scores are then fed back to each parent by the staff. After you have completed the course you will be asked to complete the forms again, and the scores will be compared and will hopefully show a decrease in the issues identified earlier.

COMMENTS FROM PARENTS WHO HAVE ATTENDED THE COURSE

"the course has been really helpful. It's not "preachy" and lets me figure out what is the best way for my family. I've been able to get everyone into a good routine and being nice to each other, without being a mean mum."

"Really enjoyed the course, thought it would be very serious but it was fun and I learned lots of new ways to better manage my child's behaviour."

" After using one of the strategies I have found this to work with my child and it has made me realise what I needed to change."

For more information and to book a place on the next course please contact the Children and Families Wellbeing Service at:

cfwrossmailbox@lancashire.gov.uk

or phone 01706 237780 or 01706 237788



...for every parent

TRIPLE P POSITIVE PARENTING PROGRAMMES INFORMATION LEAFLET



I hated the fact I had to give up one of my evenings but I am so glad I did because having used some of the Triple P strategies our relationship and home life have improved massively. Parent quote

Children and Family
Wellbeing
Service

Lancashire
County
Council 

GROUP TRIPLE P

WHO IS IT FOR?

Parents of children aged 2-11 years old

HOW MANY SESSIONS?

8 (4 weekly sessions, followed by 3 weeks of telephone support then a final week)

HOW CAN IT HELP ME?

Group Triple P can help you to, encourage desirable behaviour, deal with problem behaviour, become more confident as a parent, be realistic about parenting, take care of yourself as a parent.

WHAT DOES IT INVOLVE?

Group discussions, Parent Workbook, Homework

STEPPING STONES TRIPLE P

WHO IS IT FOR?

Parents of children ages 2-11 years old with a disability or other additional need

HOW MANY SESSIONS?

9 (5 weekly sessions, followed by 3 weeks of telephone support then a final week)

HOW CAN IT HELP ME?

Stepping Stones Triple P can help you manage problem behaviour and developmental issues common in children with disabilities, encourage desirable behaviour, cope with parental stress, develop a close relationship with your child, teach your child new skills, take care of yourself as a parent.

WHAT DOES IT INVOLVE?

Group discussions, Parent Workbook, Homework

TEEN TRIPLE P

WHO IS IT FOR?

Parents of teenagers aged 11-16

HOW MANY SESSIONS?

8 (weekly sessions, followed by 3 weeks of telephone support then a final week)

HOW CAN IT HELP ME?

Teen Triple P can help you build a better relationship with your teenager, reduce conflict, keep your teenager safe, be realistic about parenting, take care of yourself as a parent.

WHAT DOES IT INVOLVE?

Group discussions, Parent Workbook, Homework

LIFESTYLE TRIPLE P

WHO IS IT FOR?

Parents of children aged 5-10yrs with concerns around their child's weight, obesity, unhealthy eating habits and how these may impact on their wellbeing and behaviour.

HOW MANY SESSIONS?

Approx. 14 weeks

(10 weekly sessions, followed by 4 weekly phone calls then a final week plus regular sessions to support/review progress)

HOW CAN IT HELP ME?

Lifestyle Triple P can help you raise awareness of healthy eating, increase regular family exercise and outdoor activity, reduce problem behaviours around self-image, improve family healthy lifestyle, strengthen family relationships, empower parents to make healthier choices around food & exercise.

WHAT DOES IT INVOLVE?

Group discussions, Parent Workbook, Active Games booklet, Homework