



BEDFORD
BOROUGH COUNCIL



Early Help Positive Parenting

Information Leaflet - September to December 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/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.

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.

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 Teen 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

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.

Discussion Groups Dates from September to December 2019

Group Name	Venue	Time/Date	Who For?
Getting Teenagers to Co-operate	Wootton Upper School, Hall End Rd, Bedford, MK43 9HT	Thursday 19th September 7pm - 9pm	Parents and carers of children aged 12 and above
Managing Fighting and Aggression	St Lawrence VA Primary School Manor Ln, Wymington, NN10 9LL	Thursday 26th September 9.30am-11.30am	Parents and Carers of Children aged 3yrs to 12yrs
Coping with Teenage emotions	Sharnbrook Academy School, Odell Rd, Sharnbrook, Bedford, MK44 1JL	Tuesday 1st October 7pm-9pm	Parents and carers of children aged 12 and above
Hassle Free Shopping with Children (Dealing with high risk situations)	Scott Primary School, Hawk Dr, Bedford, MK41 7JE	Friday 4th October 9.30am-11.30am	Parents and Carers of Children aged 3yrs to 12yrs
Building Teenagers Survival Skills	Wootton Upper School, Hall End Rd, Bedford, MK43 9HT	Thursday 10th October 7pm - 9pm	Parents and carers of children aged 12 and above
Getting Teenagers to Co-operate	Sharnbrook Academy School, Odell Rd, Sharnbrook, Bedford, MK44 1JL	Tuesday 15th October 7pm-9pm	Parents and Carers of Children aged 12 and above
Dealing with Disobedience	St Lawrence VA Primary School Manor Ln, Wymington, NN10 9LL	Thursday 17th October 9.30am-11.30am	Parents and Carers of Children aged 3yrs to 12yrs
Building Teenagers Survival Skills	Sharnbrook Academy School, Odell Rd, Sharnbrook, Bedford, MK44 1JL	Tuesday 5th November 7pm-9pm	Parents and carers of children aged 12 and above
Reducing Family Conflict	Wootton Upper School, Hall End Rd, Bedford, MK43 9HT	Thursday 7th November 7pm - 9pm	Parents and carers of children aged 12 and above
Dealing with Disobedience	Scott Primary School, Hawk Dr, Bedford, MK41 7JE	Friday 8th November 9.30am-11.30am	Parents and Carers of Children aged 3yrs to 12yrs
Hassle Free Shopping with Children (Dealing with high risk situations)	St Lawrence VA Primary School Manor Ln, Wymington, NN10 9LL	Thursday 14th November 9.30am-11.30am	Parents and Carers of Children aged 3yrs to 12yrs
Reducing Family Conflict	Sharnbrook Academy School, Odell Rd, Sharnbrook, Bedford MK44 1JL	Tuesday 10th December, 7pm-9pm	Parents and carers of children aged 12 and above
Coping with Teenage emotions	Wootton Upper School, Hall End Rd, Bedford, MK43 9HT	Thursday 5th December, 7pm - 9pm	Parents and carers of children aged 12and above
Managing Fighting and Aggression	Scott Primary School, Hawk Dr, Bedford, MK41 7JE	Friday 6th December, 9.30am-11.30am	Parents and Carers of Children aged 3yrs to 12yrs

Group Dates from September to December 2019

Group Name	Venue	Time/Date	Who For?
3-12yrs Triple P Group	Lakeview School, School Ln, Wixams, Bedford, MK42 6BH	Tuesdays, 9.30am-11.30am 24th September, 1st, 8th, 15th and 29th October	Parents and Carers of children aged 3-12yrs
3-12yrs Triple P Group	Shackleton Primary School, Pearcey Rd, Bedford, MK42 9LZ	Wednesdays, 9.30am-11.30am, 6th, 13th, 20th, 27th November, 4th and 11th December	Parents and Carers of children aged 3-12yrs

Triple P Transitions Group September to December

Group Name	Venue	Date/Times	Who For?
Transitions Group 1	Kempston Youth Centre, Youth Centre, Hillgrounds Road, Kempston, Bedford, MK42 8QP	Monday mornings, 10am-12pm, 9th, 16th, 23, 30th September, 7th October	For Parents who are impacted by separation or divorce
Transitions Group 2	Bedford Borough Hall, Cauldwell Street Bedford, MK42 9AP	Monday Evenings, 6pm - 8pm 9th, 16th, 23, 30th September, 7th October	For Parents who are impacted by separation or divorce

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

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





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 276147**

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

