



BEDFORD  
BOROUGH COUNCIL



*for every parent*

# Early Help Positive Parenting

Information Leaflet - September to December 2022



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



## Triple P... taking the guesswork out of parenting

Triple P is the flexible, practical way to develop skills, strategies and confidence to handle any parenting situation.

When it comes to raising children and teenagers, everyone has an opinion. 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/ Teen'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 18 years, through a range of universal programmes.

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 occasion's 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.

## Online Discussion Groups and Seminars

You may like 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.

## Stepping Stones Triple P

Stepping Stones Triple P has been developed for parents of children with a developmental disability or additional need. Because it's based on Triple P's proven parenting strategies, it gives you ways to deal with the kinds of childhood behaviour problems and issues that can make family life stressful.

Stepping Stones Triple P has been evaluated with real families and has been shown to work with children with intellectual and physical disabilities who have disruptive behaviour.

### Who is this for?

Parents of children with a special education need (SEN) or disability (3 years to 12 years)

### Stepping Stones Triple P can help you:

- Manage problem behaviour and developmental issues common in children with disabilities
- Encourage behaviour you like
- Cope with stress
- Develop a close relationship with your child
- Teach your child new skills

## Triple P Online

The current climate has raised new parenting challenges for everyone. Children and teenagers have experienced disruptions to their daily life and increased worries about their safety and that of their family and friends. Children can react in unexpected ways because they cannot express how they are feeling.

The Triple P – Positive Parenting Program’s simple, practical strategies have been proven to work around the world, helping parents raise happy, confident children; set family routines and rules that everyone can follow; and balance work and family life with less stress.

You want the best for your family – to set up your children and teenagers for success and create a happier, calmer family life. But when do you learn how to parent, how to parent a teenager? How do you raise successful children?

Triple P Online could answer all your questions but still lets you choose the strategies that fit your family’s needs?

### **Triple P Online & Teen Triple P Online put you in control so you can:**

- Choose the strategies that fit your family
- Do your course anywhere, anytime – 24/7
- Work at your own pace
- Print your graduation certificate once you’ve successfully finished the programme

## Fear-Less Triple P

Fear-Less Triple P is a cognitive-behavioural parenting intervention that supports parents to help children manage their anxiety more effectively. The program encourages parents to generalize strategies to all family members, not just the child of concern.

Fear-Less Triple P aims to help parents to set a good example of coping with anxiety, coach their children to become more emotionally resilient, and develop a toolbox of strategies and choose the most effective to respond to their child’s anxiety.

The Fear-Less Triple P program can either be completed in six group sessions.

Suited to parents or caregivers of children aged from 6 to 18 years who have low to moderate levels of anxiety that cause significant distress or impact on their everyday functioning.

## Strengthening Families

This is a programme for parents and children aged 10 to 14 to come to together.

The programme aims to help families to work together to solve problems, create and sustain a positive relationship and have fun together as a family.

It supports parents to manage misbehaviour, by using appropriate rewards and consequences, encourage, and support their children to make good choices and decisions.

The programme supports young people to make positive choices and decisions, understand the need for rules and encourages young people to recognise their strengths and look at how they can use those to manage difficulties.

## Who's in Charge


This is a 6 week programme to support parents where their children are especially challenging (violent/ aggressive) and all the usual strategies for managing behaviour do not seem to work.

This is a therapeutic group which offer alternative strategies tailored to particular personality types of both young people and parents and challenges parents to reflect on how their response can affect the outcome of situations. Age range 8-17 yrs.

# Triple P Discussion Groups

from April to July 2022

To book on to any of the courses email us on

 [triplep@bedford.gov.uk](mailto:triplep@bedford.gov.uk)

## Developing Good Bedtime Routines

### Venue:

Currently all our courses are being delivered via Video Conferencing

### Time / Date:

Friday 9th September 2022

10am-12pm

### Who For?

Parents and Carers of Children aged 3yrs to 12yrs

## Coping with Teenage Emotions

### Venue:

Currently all our courses are being delivered via Video Conferencing

### Time / Date:

Tuesday 13th September 2022

7pm-9pm

### Who For?

Parents and Carers of children aged 12yrs and above

## Reducing Family Conflict

**Venue:**

Currently all our courses are being delivered via Video Conferencing

**Time / Date:**

Tuesday 20th September 2022

10am-12pm

**Who For?**

Parents and Carers of Children aged 12yrs and above

## Managing Fighting and Aggression

**Venue:**

Currently all our courses are being delivered via Video Conferencing

**Time / Date:**

Wednesday 5th October 2022

7pm-9pm

**Who For?**

Parents and Carers of Children aged 3yrs to 12yrs

## Teen Brain Matters

**Venue:**

Currently all our courses are being delivered via Video Conferencing

**Time / Date:**

Thursday 6th October 2022

7pm-9pm

**Who For?**

Parents and Carers of Children aged 12yrs and above

## Coping with Teenage Emotions

**Venue:**

Currently all our courses are being delivered via Video Conferencing

**Time / Date:**

Thursday 13th October 2022

10am-12pm

**Who For?**

Parents and Carers of Children aged 3yrs to 12yrs

## Dealing with Disobedience

**Venue:**

Currently all our courses are being delivered via Video Conferencing

**Time / Date:**

Monday 17th October 2022

1pm-3pm

**Who For?**

Parents and Carers of Children aged 3yrs to 12yrs

## Reducing Family Conflict

**Venue:**

Currently all our courses are being delivered via Video Conferencing

**Time / Date:**

Wednesday 19th October 2022

7pm-9pm

**Who For?**

Parents and Carers of Children aged 12yrs and above



## Hassle Free Shopping

### Venue:

Currently all our courses are being delivered via Video Conferencing

### Time / Date:

Wednesday 2nd November 2022

1pm-3pm

### Who For?

Parents and Carers of Children aged 3yrs to 12yrs

## Coping with Teenage Emotions

### Venue:

Currently all our courses are being delivered via Video Conferencing

### Time / Date:

Thursday 10th November 2022

7pm-9pm

### Who For?

Parents and Carers of Children aged 12 and above

## Managing Fighting and Aggression

### Venue:

Currently all our courses are being delivered via Video Conferencing

### Time / Date:

Monday 21st November 2022

1pm-3pm

### Who For?

Parents and Carers of Children aged 3yrs to 12yrs

## Teen Brain Matters

**Venue:**

Currently all our courses are being delivered via Video Conferencing

**Time / Date:**

Monday 28th November 2022

7pm-9pm

**Who For?**

Parents and Carers of Children aged 12yrs and above

## Managing Fighting and Aggression

**Venue:**

Currently all our courses are being delivered via Video Conferencing

**Time / Date:**

Friday 9th December 2022

10am-12pm

**Who For?**

Parents and Carers of Children aged 3yrs to 12yrs

## Dealing with Disobedience

**Venue:**

Currently all our courses are being delivered via Video Conferencing

**Time / Date:**

Monday 19th December 2022

1pm-3pm


**Who For?**

Parents and Carers of Children aged 3yrs to 12yrs

# Triple P Group Programmes

## from April to July 2022

To book on to any of the courses email us on

 [triplep@bedford.gov.uk](mailto:triplep@bedford.gov.uk)

### Fear-Less (Group 1)

#### Venue:

Currently all our courses are being delivered via Video Conferencing

#### Time / Date:

Mondays, 7pm-8.30pm

12th, 19th & 26th September; 3rd, 10th & 17th October 2022

#### Who For?

Parents or Carers of Children aged from 6yrs to 18yrs who have low to moderate levels of anxiety

### Who's in Charge

#### Venue:

Currently all our courses are being delivered via Video Conferencing

#### Time / Date:

Tuesdays, 10am-12pm

13th, 20th & 27th September; 4th, 11th & 18th October 2022

#### Who For?

Parents where their Child's behaviour is especially challenging (violent or aggressive)

## Strengthening Families

### Venue:

This will be delivered at Kempston Youth Centre, Hillgrounds Road, Kempston, Bedford, MK42 8QP

### Time / Date:

Thursdays, 5.15pm-7pm

15th, 22nd & 29th September; 6th, 13th & 20th October 2022

### Who For?

Parents and Children aged 10yrs to 14yrs to come to together as a family

## Stepping Stones

### Venue:

Currently all our courses are being delivered via Video Conferencing

### Time / Date:

Tuesdays, 9.30am-11.30am

1st, 8th, 15th, 22nd & 29th November; 6th December 2022

### Who For?

For Families with a Child who has a disability or additional need

## Fear-Less (Group 2)

### Venue:

This will be delivered at Kempston Youth Centre, Hillgrounds Road, Kempston, Bedford, MK42 8QP

### Time / Date:

Wednesdays, 9.30am-11.30am

2nd, 9th, 16th, 23rd & 30th November; 7th December 2022

### Who For?

Parents or Carers of Children aged from 6yrs to 18yrs who have low to moderate levels of anxiety

## Who's in Charge

### Venue:

Currently all our courses are being delivered via Video Conferencing

### Time / Date:

Thursdays, 7pm-9pm

3rd, 10th, 17th & 24th November; 1st & 8th December 2022

### Who For?

Parents where their Child's behaviour is especially challenging (violent or aggressive)



## 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:

@ [triplep@bedford.gov.uk](mailto:triplep@bedford.gov.uk)

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)

