

Triple P Positive Parenting Programme

The programme is recognised by NICE (National Institute for Clinical Excellence) and is recommended within the local ADHD Care Pathway.

Parenting programmes enable parents to build on what they already know and to do the best for their children. They do this by providing opportunities to gain new knowledge, skills, and confidence to support their children and strengthen relationships within the family. The programme supports parents to improve relationships with their children, set boundaries and develop effective responses to challenging behaviour and effectively plan for future behaviours.

This is an 8-week programme which is run on Microsoft Teams.

**Introduction to the course
(group session via teams)**

**Positive parenting
(group session via teams)**

**Helping children develop
(group session via teams)**

**Managing misbehaviour
(group session via teams)**

**Planning ahead
(group session via teams)**

1:1 weeks

**Final session
(group session via teams)**

Triple P is run by trained, friendly experienced practitioners. Our role is to make you feel welcome and help you build on what you are already doing well. After all you know your child better than anyone.

We aim to give parents the opportunity to explore and learn new tools, techniques, and ways of responding to your child.

We use a variety of methods to support learning and keep the sessions interactive.

Organised by the CBC North and South Localities Early Help Teams:

To book contact your school who will contact their Locality Community Partner.

You will then be sent the information to register via Eventbrite.