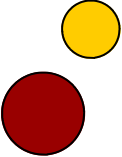
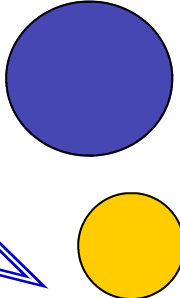


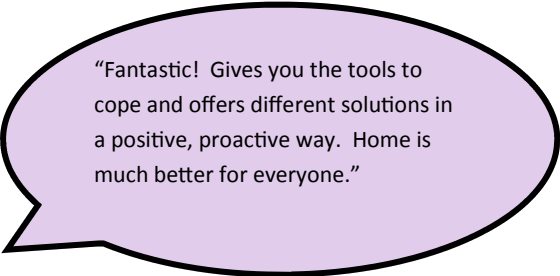
What parents have told us



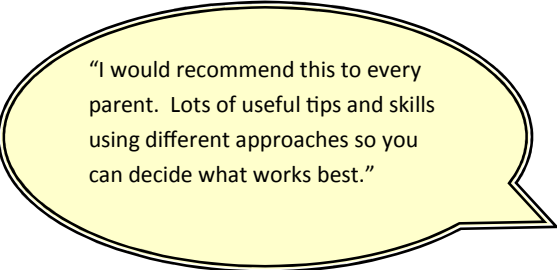
"It has given me more confidence and brought my partner and I together in parenting the same way."



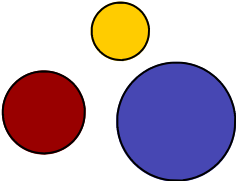
"I have learnt that I am a good parent, we all make mistakes and now I know how to deal with the difficult times."



"Fantastic! Gives you the tools to cope and offers different solutions in a positive, proactive way. Home is much better for everyone."



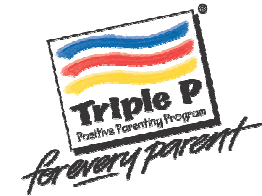
"I would recommend this to every parent. Lots of useful tips and skills using different approaches so you can decide what works best."



What to expect from a Triple P Group

- **Ongoing support groups.**
- **Friendly, relaxed and enjoyable.**
- **Two hours a week for four weeks. Two/three weeks telephone support.**
- **A chance to have individual time with a Triple P practitioner.**

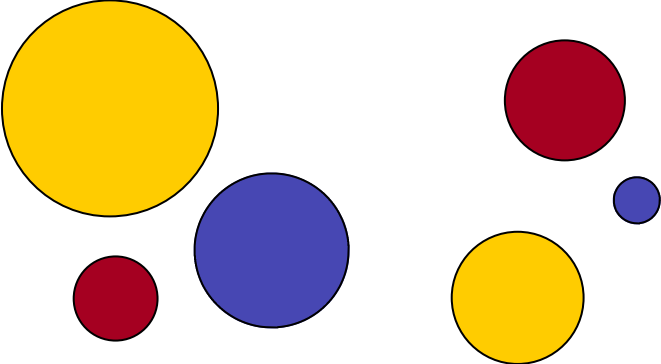
For some people there may be reasons that prevent them from joining a group. We may be able to offer one to one support in exceptional cases.



Triple P

Positive Parenting Program

For Parents of
Primary 2-10years and
Teens 11-17 years



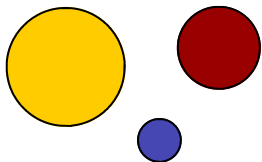
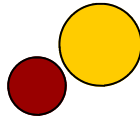
What is Triple P?

The Positive Parenting Program (Triple P) is a course for all parents who have children (aged 2-10) or teenagers (aged 11-17). Triple P can show you ways to strengthen the relationship between you and your child or teenager. It also offers support and ideas on how to encourage good behaviour and handle misbehaviour from your children and teenagers.

Issues may include behaviours such as infants sleep patterns, toddler tantrums, trouble with aggression, homework, teasing, a teenagers defiance or signs of depression, drinking or substance misuse.

There may be no problem at all, you might be thinking about how best to support your teenager as they move to secondary school.

Whatever the parenting need, however simple or complex, Triple P has a course to help. Triple P aims to make parenting easier by focusing on five key principles.



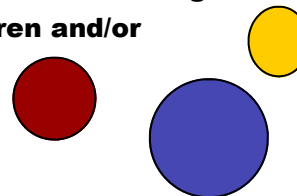
The Five Key Principles of Triple P

- Ensuring a safe, interesting environment.
- Creating a positive learning environment.
- Using assertive discipline.
- Having realistic expectations of children, teenagers and yourself as a parent or carer.
- Taking care of yourself as a parent.

What do Triple P groups offer ?

Triple P offers parents practical help and ideas to:

- Build positive relationships with their children and teenagers.
- Praise and encourage behaviours they like and want to see more of.
- Teach children and teenagers new skills and problem solving strategies.
- Set and negotiate rules that are age appropriate for children and/or teenagers.



- Respond to misbehaviour immediately, consistently and decisively.
- Use discipline strategies that work.
- Take care of themselves as parents.

Triple P has over 30 years of proven clinical research. Triple P methods have been shown to be of benefit to parents of children that are demanding, disobedient, defiant or aggressive.

Are you interested?

If you would like to join a group for support please speak to your keyworker or social worker. Professionals please email parenting@westsussex.gov.uk and you will be sent a referral form . For telephone support and advice call Alison Goodrham on 07702442465

