



BEDFORD  
BOROUGH COUNCIL



*for every parent*

# Early Help Positive Parenting

Information Leaflet - January to March 2024



“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 January to March 2024

To book on to any of the courses email us on

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

## Coping with Teenage Emotions

### Venue:

Currently all our courses are being delivered via Video Conferencing

### Time / Date:

Monday 15th January 2024

7pm to 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:

Wednesday 24th January

1pm to 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:

Thursday 1st February 2024

7pm to 9pm

### Who For?

Parents and Carers of Children aged 12yrs and above

## Dealing with Disobedience

### Venue:

Currently all our courses are being delivered via Video Conferencing

### Time / Date:

Monday 5th February 2024

1pm to 3pm

### Who For?

Parents and Carers of Children aged 3yrs to 12yrs

## Hassle Free Shopping

### Venue:

Currently all our courses are being delivered via Video Conferencing

### Time / Date:

Tuesday 20th February 2024

10am to 12pm

### 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 29th February 2024

7pm to 9pm

### Who For?

Parents and Carers of Children aged 12yrs and above

## Developing Good Bedtime Routines

### Venue:

Currently all our courses are being delivered via Video Conferencing

### Time / Date:

Wednesday 6th March 2024

7pm to 9pm

### Who For?

Parents and Carers of Children aged 3yrs to 12yrs

## Managing Fighting and Aggression

### Venue:

Currently all our courses are being delivered via Video Conferencing

### Time / Date:

Monday 18th March 2024

1pm to 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:**

Monday 25th March 2024

7pm to 9pm


**Who For?**

Parents and Carers of Children aged 12yrs and above

# Triple P Group Programmes

## from January to March 2024

To book on to any of the courses email us on

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

### Fear-Less

#### Venue:

Currently all our course are being delivered via Video Conferencing

#### Time / Date:

Tuesdays, 12pm to 1.15pm

6th, 12th & 27th February 2024; 5th, 12th & 19th March 2024

#### 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 course are being delivered via Video Conferencing

#### Time / Date:

Tuesdays, 7pm to 9pm

27th February 2024; 5th, 12th, 19th & 26th March 2024

#### Who For?

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

## Stepping Stones

### Venue:

Currently all our course are being delivered via Video Conferencing

### Time / Date:

Mondays, 7pm to 9pm

5th, 12th & 26th February 2024; 4th, 11th & 18th March 2024

### Who For?

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

## Strengthening Families

### Venue:

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

### Time / Date:

Thursdays, 5.15pm to 8pm

29th February; 7th, 14th, 21st & 28th March 2024

### Who For?

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

# Triple P Programmes for Children under 5 years old from January to March 2024

## Triple P Baby

### Venue:

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Queens Park Family Hub, MK40 4LE

All bookings via Eventbrite: <https://www.eventbrite.co.uk/o/early-childhood-partnership-27970195355>

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### Time / Date:

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Thursdays, 10am to 12pm

25th January; 1st, 8th & 15th February 2024

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Follow up calls: 22nd February; 7th, 14th & 21st March 2024

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### Who For?

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This course aims to prepare parents for a positive transition to parenthood and the first year with baby.

The 4 week in person course allows parents to participate in a range of exercises to learn strategies to develop a positive relationship with their baby. In addition, you will receive 4 follow up calls, with a trained practitioner to support your family's individual need.

This course is designed for parents with children from birth to 12 months and they are welcome to attend the sessions with you.

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## Triple P Baby - Online

### Venue:

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All bookings via: <https://forms.office.com/Pages/ResponsePage.aspx?id=bVCP7YIhIUuRzwepMoUvbOcU-H1I8LxIgCWTL9rhvF5UREpK5jJHUFJTk5MOE5aRDFXMU9OWVRYMi4u>

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### Who For?

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Triple P Baby Online will support you to promote your baby's development, give you confidence in your own choices, cope with frequent crying, sleeping, partner conflict and much more. You will be able to access the 7-module course online and complete this in your own time. You will be given 6 months to complete the course and one of our practitioners will regularly check-in with you to see how you are getting on. Once the Booking Form is received a member of our admin team will email you out the details of how to access the course. If you are not registered with the children's centres, the team will call you before the code is emailed out, to register you. This course is designed for parents with children from birth to 12 months.

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## Managing Fighting and Aggression

### Venue:

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Online: All bookings via Eventbrite: <https://www.eventbrite.co.uk/o/early-childhood-partnership-27970195355>

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### Time / Date:

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Tuesday 16th January 2024, 10am to 12pm

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### Who For?

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Parents and Carers of Children aged under 5yrs

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## Developing Good Bedtime Routines

### Venue:

Queens Park Family Hub, MK40 4LE

All bookings via Eventbrite: <https://www.eventbrite.co.uk/o/early-childhood-partnership-27970195355>

### Time / Date:

Tuesday 6th February 2024, 1pm to 3pm

### Who For?

Parents and Carers of Children aged under 5yrs

## Hassle Free Mealtimes

### Venue:

Online: All bookings via Eventbrite: <https://www.eventbrite.co.uk/o/early-childhood-partnership-27970195355>

### Time / Date:

Wednesday 14th February 2024, 1pm to 3pm

### Who For?

Parents and Carers of Children aged under 5yrs

## Hassle Free Shopping

### Venue:

Queens Park Family Hub, MK40 4LE

All bookings via Eventbrite: <https://www.eventbrite.co.uk/o/early-childhood-partnership-27970195355>

### Time / Date:

Friday 1st March 2024, 10am to 12pm

### Who For?

Parents and Carers of Children aged under 5yrs

# Dealing with Disobedience

**Venue:**

Online: All bookings via Eventbrite: <https://www.eventbrite.co.uk/o/early-childhood-partnership-27970195355>

**Time / Date:**

Thursday 14th March 2024, 7pm to 9pm

**Who For?**

Parents and Carers of Children aged under 5yrs



## 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)

