



Positive Parenting Course

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 groups 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.

To sign up for this course please contact Mags Brady e-mail: mags.brady@pbic.co.uk telephone number: 01234 31800

Course name	Venue	Date/time	For whom?
0-12 years Triple P	Polish Saturday School Goldington Green Academy Goldington Rd Bedford	Sat 10.00 – 12.00 27 IV, 4V, 11V, 18V, 18V 25V, 1VI, 8 VI	Parents and guardians of children aged 0 to 12 1