



Group Triple P

The Triple P - Positive Parenting Program knows all families have different needs. That's why Triple P has many different ways to get you parenting help. So you can choose what will best suit you and your family.

Who is it for?

- parents of children birth - 12
- parents of teenagers

Triple P can help you

- encourage positive behaviour
- deal with problem behaviour
- become confident as a parent
- be realistic about parenting
- take care of yourself

How do I do Triple P?

To receive further information Contact:

- Schools/nurseries
- Health visitors
- Youth information
- Psychological services
- Children and families team (s/w)
- Bruce family centre

Completed forms should be posted/handed into:
Kevin Valente
Bruce Family Centre
Lovers Loan
Lerwick
01595 745400

Is this your family?

Other parents don't seem to have it as tough as you. Your child constantly misbehaves. He rarely does what you want. Your family life is full of anger and tears. There's probably a lot of shouting and your child may even be aggressive - perhaps hitting you, the furniture or his brothers and sisters. In fact, everyday - from breakfast to bedtime - is a battle.

If this sounds familiar, then Group Triple P can help. Group Triple P gives you support to help you manage your child's behaviour and prevent the kinds of problems that make your family life stressed.

Or is this you?

You want to create the happiest home life you can. You may have a few concerns about your child's behaviour - perhaps there's disobedience or you simply want to find out how to set up better routines for mealtimes or bedtimes. Whatever it is, you're very keen to learn more about positive parenting and how you can apply it to your family. If you're ready for a more in-depth look at the parenting strategies that really work, Group Triple P is ideal.

What happens at Group Triple P?

Group Triple P is a great opportunity to meet other parents in similar situations - other parents who'll support you and share stories with you.

Right from the start, you'll be given tips and suggestions to suit the needs of your family. You'll see scenes from the *Every Parent's Survival Guide* DVD, which will show you how the ideas work in real life. And your workbook will give you the tools and information you need to start positive parenting straight away at home. Your Triple P practitioner will guide you every step of the way and even provide backup phone support as you put your new skills into practice.

How long does it take and how big are the groups?

There are no more than 8 parents in a group session. Each session lasts no more than two hours at a time. There are five group sessions - the first four should give you the tips you need to start positive parenting.

Then, you'll have three weeks to practice Triple P at home. But you won't be left to do it all on your own. Your Triple P practitioner will call you every week at an agreed time to talk things through. These calls will last about 15 minutes.

Finally, you'll meet up with your group and Triple P practitioner for one last session. This is a chance to go over any problems you may still have - and to congratulate yourself on how far you've come!