



Triple P

Group Triple P 0-12 years

The Triple P - Positive Parenting Program helps take the guesswork out of parenting. It is one of the few parenting programmes in the world with evidence to show it works for most families. It is a broad-based parenting intervention delivered over six weeks for parents of children up to 12 years old who are interested in learning a variety of parenting skills.

Triple P gives parents simple tips to help manage the big and small problems of family life.

Who is it for?

Parents may be interested in promoting their child's development and potential or they may have concerns about issues such as toddler tantrums, self-esteem, bedtime battles, disobedience or aggression. They may simply wish to prevent behaviour problems from developing.

Parents actively participate in a range of exercises to learn about the causes of child behaviour problems, setting specific goals, and using strategies to promote child development, manage misbehaviour and plan for testing situations.

Group Triple P 0-12 years will be running in the Mossbank School on the following dates, 2-4pm:

Tuesday 3rd November 2015

Tuesday 10th November 2015

Tuesday 17th November 2015

Tuesday 24th November 2015

Tuesday 1st December 2015 (Phone Call)

Tuesday 15th December (Final Session TBC nearer time)

For more information or to book a place on the course, please phone Ann Nicolson on: 01595745400