

What local 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.”



Royal Borough of Windsor & Maidenhead

Family Support Service
Town Hall
St. Ives Road
Maidenhead SL6 1RF

Phone: 01628 685615/685629
Fax: 01628 625262



Triple P Family Transitions

For Parents who have or
are divorcing or
separating

Royal Borough of Windsor & Maidenhead

What is Family Transitions?

The Triple P Family Transitions group is designed to help parents who are having difficulties making the transition through divorce or separation because of conflict with their co-parent, difficulties with anxiety, stress or depression or experiencing behavioural or emotional problems in their child.

Divorce and separation and its impact on children?

Divorce is a significant life stressor for parents, children and families.

The stress associated with a relationship breakdown can have a significant impact on the wellbeing of parents with feelings of anxiety, depression, irritability and anger being common. Parents often experience a sense of loneliness through both the loss of their partner and also reduced social support.

Parents who do not have primary custody of their child may feel devastated by the loss of involvement in their child's life.

Parents who are going through separation and divorce are also at greater risk of health problems and accidents as a result of increased stress.

Triple P

Triple P recognises that all families are different and have different strengths and needs during separation and divorce..

Family Transitions addresses the risk factors and promotes protective factors for families going through separation and divorce. It promotes family processes that contribute to children's wellbeing during a time of transition in family structure.

We also offer:

Triple P Primary & Teen—a group for parents of primary 0-12 years and teens 12-17 years.

Lifestyles—a group for parents of overweight children age 4-10 years the sessions cover healthy eating, activity levels, food groups and behaviour strategies.

Stepping Stones —a group for parents of children 2-11 years with additional needs. Based on the same principles as the Triple P group programmes.

What to expect from a Triple P Group

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

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.

Are you interested?

If you would like to register for a group or find out more about Triple P Family Transitions, please call The Parenting Team on **01628 685615** or **01628 685629** or e-mail parenting@rbwm.gov.uk.