

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.”

What to expect from a Triple P Group

- *Friendly, relaxed and enjoyable.*
- *Two hours a week for four weeks. Two/three weeks telephone support and a final group meeting.*
- *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.



Royal Borough of Windsor & Maidenhead

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Triple P

Positive Parenting Program

For Parents of
Primary 0-12 years and
Teens 12-17 years

Royal Borough of Windsor & Maidenhead



What is Triple P?

The Positive Parenting Program (Triple P) is a course for all parents who have children (aged 2-12) or teenagers (aged 12-16). Triple P can show you ways to strengthen the relationship between you and your child or teenager. It also offers support and ideas on how to encourage good behaviour and handle misbehaviour from your children and teenagers.

Issues may include behaviours such as infants sleep patterns, toddler tantrums, trouble with aggression, homework, teasing, a teenagers defiance or signs of depression, drinking or substance misuse.

There may be no problem at all, you might be thinking about how best to support your child as they start school, encourage healthy eating or set a bedtime routine.

Whatever the parenting need, however simple or complex, Triple P has a course to help. Triple P aims to make parenting easier by focusing on five key principles.



The five key principles of Triple P

- Ensuring a safe, interesting environment.
- Creating a positive learning environment.
- Using assertive discipline.
- Having realistic expectations of children, teenagers and yourself as a parent or carer.
- Taking care of yourself as a parent.

What do Triple P Groups Offer?

Triple P offers parents practical help and ideas to:

- Build positive relationships with their children and teenagers.
- Praise and encourage behaviours they like and want to see more of.
- Teach children and teenagers new skills and problem solving strategies.
- Set and negotiate rules that are age appropriate for children and/or teenagers.
- Respond to misbehaviour immediately, consistently and decisively.
- Use discipline strategies that work.
- Take care of themselves as parents.

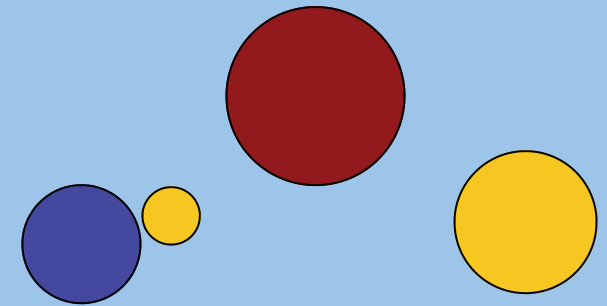
Triple P has over 25 years of proven clinical research.

There are many different courses available to meet the needs of you and your family.

We also offer:

Family Transitions—a group for parents who are separating/divorced and covers topics such as coping with emotions, managing conflict and balancing work and family.

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.



Are you interested?

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

