

Triple P group

Supporting your child's growth in a loving, secure environment

Triple P (Positive Parenting Programme) is an approach to raising children that aims to promote children's development and manage children's behaviour in a constructive and non-hurtful way. It is based on the use of good communication and positive attention to help children develop. This six-week Triple P course will enable you to learn more about Positive Parenting and how you can apply it to your family. If you're ready for more in-depth look at parenting strategies, that really work, then this course is for you. **This course is for parents and carers with children aged between 5 and 11 years.**

Create a warm, loving, safe environment for your child

Use positive strategies to encourage your child's learning

Use strategies to help your child learn responsibility

Have reasonable expectations of both your child and yourself

Take care of yourself by looking after your own needs

Date, time and venue



10.00 am - 12.00 pm



23rd , 30th January and 6th , 13th , 27th February and 6th March 2026



Online via Microsoft TEAMS

For more information about this service, email annmarief@familylives.org.uk or call **07949 890749**

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