

## What local parents say after doing Triple P

"This course has helped us a lot, we should have done this before - other parents should be aware of this service."

"It has been very useful meeting other parents with similar situations and being able to help and give advice on situations that you have been through yourself."

"Be more positive. I always picked on them for what they did wrong; now I praise them for what they're doing right."

"This programme was very helpful in showing me how my behaviour affected the children and how to correct my own behaviour to make child rearing a much easier task."

"I feel this course has totally changed mine and my daughter's relationship."

## What to expect from a Triple P Group

- Groups are friendly and relaxed. You'll be encouraged to join in as much or as little as you want. It may feel a bit awkward at first but you'll start to feel more comfortable as you get to know people.
- Groups last for two hours each week for four weeks. After this, you can expect telephone contact for three weeks before a last group meeting.
- Different ideas are discussed each week. You can then choose the ideas that suit you and your family.

For a number of reasons, some people are unable to attend a Triple P Group. If this applies to you, we also offer one to one individual Triple P support.



### For more information

For Staffordshire Moorlands call **01782 652769**  
For all other areas **01782 425883**

**First Steps Psychological Service,**  
Roundwell Street,  
Tunstall, Stoke on Trent, ST6 5JJ

For lots more information about our services,  
check out our website  
[www.firststepsstoke.co.uk](http://www.firststepsstoke.co.uk)



# Triple P

## Positive Parenting Program



North Staffordshire  
Combined Healthcare  
NHS Trust



A Keele University Teaching Trust

## What is Triple P?

The Positive Parenting Program (Triple P) is a free 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 advice on how to encourage good behaviour and handle misbehaviour from your children and teenagers.

Being a parent can be extremely rewarding, fun and enjoyable. At times it can also be hard, frustrating and exhausting. 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 does Triple P actually offer?

Triple P offers parents advice and ideas on how to:

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

There are different types of Triple P courses available to meet the needs of you and your family. There is no single right way to be a parent, but Triple P offers information and support that many parents have found to be helpful.

## How can I get a Triple P service?

First Steps Psychological Service offer a community based service to children and their families. Triple P is one of the services that we provide across Stoke-on-Trent, Newcastle-under-Lyme and Staffordshire Moorlands. We try to offer a service at a time and in a place to suit you.

## Are you interested?

If you would like someone to contact you about Triple P, please fill in this form and send it to us at our address on the back page. Alternatively you can ring us on **01782 425883** or if you live in the Staffordshire Moorlands area **01782 652769**.

### About you.....

Name .....

Address.....

### Contact Telephone Number(s)

### Best time of day to contact you

### About your child

Name ..... Age .....M/F

Name ..... Age .....M/F

Name ..... Age .....M/F

Name ..... Age .....M/F

### Are you interested in:

- Getting more information about Triple P
- Attending a Triple P group programme
- Receiving Tip Sheets on particular issues

