

# Triple P

The Positive Parenting Programme  
'Triple P' is a suite of parenting  
programmes.



*A quote from a parent about what they gained from attending a course;*

“The awareness of good communication and interaction between  
parents and young children.”

**‘Triple P’ programmes don’t aim to tell parents how to  
parent, but instead offer a toolbox of ideas which  
parents can use to create a strategy for  
managing behavioural issues in children.**



## Our Triple P offer

- **Universal Triple P blogs and Tip sheets** - found on our website
- **Triple P Discussion group**
- **Triple P Group - Positive Approaches to Parenting**
- **1:1 Feeling Positive about Parenting Sessions**

### WHAT IS A TRIPLE P DISCUSSION GROUP?

Triple P Discussion Groups are online and face to face workshops for parents or carers of children aged 18 months - 8 years. The Triple P Discussion Groups include a series of 5 themed stand alone 2 hour workshops, where parents have discussions to look for resolutions to commonly encountered parenting problems.

The workshops provide an overview of positive parenting principles and benefit those where concerns are about low-key or mild to moderate behavioural issues.

#### THE 5 DISCUSSION GROUP TOPICS

- Dealing with disobedience - getting your children to follow instructions
- Managing fighting and aggression
- Developing good bedtime routines
- Hassle Free Shopping

No referral needed.  
Book via our [website](#),  
or see back page for details.



#### *A quote from a parent;*

“The non judgemental supportive space created by the facilitators and other parents felt normalising and reassuring of my parenting concerns. The honest interactions with other parents was my favourite part of the process.”

“A very rewarding course. It highlighted the importance of how to tackle/manage my child’s behaviour.”

*Quote from a parent*

## WHAT IS TRIPLE P GROUP - POSITIVE APPROACHES TO PARENTING?

Triple P Group - Positive Approaches to Parenting, is a face to face or online programme for parents or carers of children aged 2-10 years. It is a broad-based parenting intervention where parents actively participate in a range of exercises to help manage their child’s behaviour.

**The sessions are delivered over six - eight weeks:**

- Four x 2 hour group sessions
- Three x 20 minute individual consultations to assist parents with independent problem solving while they are practising the skills at home.

Referral Only, parents can self-refer by emailing [bookings@lewishamcfc.org.uk](mailto:bookings@lewishamcfc.org.uk) see back page for details.

## WHAT IS COVERED IN SESSIONS WITH PARENTS?

- **Session 1:**  
Why children behave as they do.
- **Session 2:**  
Helping children develop - Encouraging good behaviour and prevent misbehaviour
- **Session 3:**  
Strategies for managing misbehaviour
- **Session 4:**  
Planning ahead for high-risk situations
- **Session 5-7:**  
1:1 Sessions to support the use of new positive parenting strategies and review goals.

## 1:1 FEEL POSITIVE ABOUT PARENTING SESSIONS

Feel Positive about Parenting is a 1:1 appointment with a Parenting Practitioner where advice is given on ways to help them manage minor behavioural issues.

During the appointment the practitioner introduce parents to strategies from a range of Triple P tip sheets to work through.

Where these are not appropriate for the need of the family, parents will be referred into a Triple P Programme or other internal or external services.

No referral needed. Book via our [website](#), or see back page for details.

## For more information and to join one of our Triple P workshops or courses follow the links below.

**Book a place** on the next available Discussion Group or 1:1 Feel Positive About Parenting Sessions

- [www.lewishamcfc.org.uk/timetable/](http://www.lewishamcfc.org.uk/timetable/)

**Make a self-referral** onto our next Triple P Group - Positive Approaches to Parenting, email: [bookings@lewishamcfc.org.uk](mailto:bookings@lewishamcfc.org.uk) or text or leave a message on 07377 724243

**Triple P website**

- [www.triplep-parenting.uk.net/uk/triple-p/](http://www.triplep-parenting.uk.net/uk/triple-p/)

**Useful blogs** about parenting on our website:

- [www.lewishamcfc.org.uk/half-full-or-half-empty/](http://www.lewishamcfc.org.uk/half-full-or-half-empty/)
- [www.lewishamcfc.org.uk/praise-helps-children-to-feel-good/](http://www.lewishamcfc.org.uk/praise-helps-children-to-feel-good/)

**See our Parenting page** on our website for details of our whole parenting offer

- [www.lewishamcfc.org.uk/parenting/](http://www.lewishamcfc.org.uk/parenting/)

### INFORMATION FOR PROFESSIONALS MAKING A REFERRAL

- Our Triple P Group course - Positive Approaches to Parenting, is for parents and carers of children aged between 2-8yrs who are struggling to manage aspects of their children's behaviour.
- The programme works best for parents and carers who have their children living with them or have regular contact with them.
- To achieve positive outcomes from Triple P workshops and courses, parents need to be willing to access all sessions and need to be able to read the content and implement strategies offered.
- Once a referral is accepted, parents will then be contacted and assessed for programme suitability.
- All referrals must come through either our online referral form [www.lewishamcfc.org.uk/professionals-referral-form/](http://www.lewishamcfc.org.uk/professionals-referral-form/) or by downloading the [word version here](#) and emailing to [Lewisham.Secure@eyalliance.org.uk](mailto:Lewisham.Secure@eyalliance.org.uk)

*A quote from a parent;*

“Spending quality time with them (little time) makes a great difference.”



[www.lewishamcfc.org.uk](http://www.lewishamcfc.org.uk)