

## Triple P

Triple P stands for Positive Parenting Programme.

This programme is used by many agencies in Shropshire. It is for all parents, from those with babies to those with teenagers including parents of children with a disability.



Triple P parenting courses are run by trained practitioners including health visitors, Children Centre support workers, voluntary sector workers and family support workers at venues across Shropshire. Triple P is supported by Shropshire Children's Trust.

## Contact

If you would like information on help with parenting, please contact:



or contact:

**Doreen Workman**  
**Triple P Co-ordinator**

**(01743) 210940**

Email:

**[doreen.workman@telfordpct.nhs.uk](mailto:doreen.workman@telfordpct.nhs.uk)**

If you can read this but know someone who can't, please contact us on **(01743) 254345** so we can provide this information in a more suitable format

© September 2008 Publications, Design and Webpage Team (PDW), SCC 06808

# Get help with Parenting

From time to time all parents need a little help!



[www.shropshire.gov.uk/childrenstrust.nsf](http://www.shropshire.gov.uk/childrenstrust.nsf)

[www.shropshire.gov.uk/childrenstrust.nsf](http://www.shropshire.gov.uk/childrenstrust.nsf)

Triple P parenting courses can help you:

feel more confident as a parent

promote your child's development

manage common child behaviour problems

improve your parenting skills.



Free practical advice and information is given in 2 ways:



Group sessions that run over 8 weeks



Individual sessions with a practitioner

Mums, Dads and other family members are all welcome



Shropshire families have found Triple P parenting courses to be a big help:

"I have been able to look at the situation in a more realistic manner and I've approached him differently".

"It makes me consider what I do and how I handle behaviour because at the moment I don't have time to think about it".

"Helped me a lot to sort out problems and think of other ways to deal with my children's behaviour".

"I haven't been that nagging parent that is always ready to fly off the handle and not willing to listen".

"It is good to be able to discuss problems with others because I hadn't realised other people had the same problems".