

# TRIPLE P

## Positive Parenting Programme

### What?

- It's designed to promote good communication and strong relationships between parents and children
- A positive approach to helping parents to promote their children's development and manage their children's behaviour in a constructive and caring way
- Triple P helps parents recognise causes of common child behaviour problems and encourage desirable behaviour
- Triple P runs over four 2 hour sessions

### When?

- 16th March
- 23rd March
- 30th March
- 6th April  
10am – 12pm

### Where?

Wareham Youth Centre,  
Behind The Purbeck School,  
Wareham

### Why?

There is no right way to parent...but Triple P offers information, support and practical answers to everyday parenting concerns

Plus we provide refreshments!

### Outcomes

- Increasing parents competence in managing common behaviour problems.
- Improving parents communication
- Reducing parenting stress



### Parent feedback

"I was worried about coming and didn't know what to expect, I did get a lot from the group".

"I never felt that I was judged and I was listened to".

"It's great to have the opportunity to share with other parents".

### Contact us to book your place

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