

- We provide supportive action for families at every stage of their children's lives, in conjunction with a wide range of partner agencies.
 - We support families to strengthen family relationships.
 - We offer a flexible range of support options to meet the needs of individual families, from information and advice, parenting support in the home, group work programmes and support for children in school.
- We also work in conjunction with a range of agencies to provide:**
- Parenting programmes in Children's Centres
 - Parenting workshops and seminars
 - If we can't help you we will put you in contact with someone who can.

Through our Parenting Offer:

Early Help Parenting Offer

The Early Help Parenting offer helps families in Bedford to flourish by giving parents the confidence, skills, knowledge and understanding to build a strong family life to keep children safe, healthy and happy.

Provided for FREE, we support parents and carers with children aged 0 to 19yrs as well as children and young people. We offer a range of information and support, from short workshops, seminars, group discussions and courses.

Whatever the types of support you require just ask, as we can accommodate most requests and best of all it is all **free!**

What is the Early Help Parenting offer?



Contact us

If you are a school, voluntary, or community organisation and would like us to deliver a Triple P seminar, discussion or group, please email or phone

@ triplep@bedford.gov.uk

☎ 01234 276147

Please note that the courses outlined within this leaflet are just one part of many family and parent support services that are offered from Bedford Early Help Service.

For information on the range of services available to families and professionals please visit the Early Help website at <https://earlyhelp.bedford.gov.uk>

Alternatively if you are looking to find out more about our other parenting support you can email parenting.programmes@bedford.gov.uk



Discussion Groups and Seminars

Life with teenagers can be a challenge and Teen Triple P really understands that. As your children move to their teens, parents & carers have to learn a whole new set of parenting skills and as we know, this is difficult. The 8 week Triple P programme offers parents & carers' knowledge and new skills to be able to manage conflict with teens, relate to them as they continue to grow, improve communication and promote their children's independence as they enter early adulthood. Come along and gain the skills to be able to live more positively with your teens or develop the knowledge to manage conflict with them.

Teen Triple P Programme

- You will learn about:
 - Effective Parenting Strategies
 - How to promote your child's development
 - How to manage common child behavioural problems
 - Principles to help you deal with almost any situation that may arise.
 - Parents/carers should be available to attend every session.
- Group Triple P is an 8-week programme for any parent/carer of a child/ren aged 0-12 years. Groups are small (usually 8 - 10 parents/carers) and are made up of people who all want the same thing - to do the best for their children and enjoy a happy family life. Groups are run by accredited Triple P facilitators. There are four 2-hour group sessions (held weekly), followed by two/three 15 - 30 minute weekly phone calls to discuss your progress and any concerns you may have, and then a final group session.

Triple P



Early Help Positive Parenting

Information Leaflet - September to December 2017



“Right support **Right action** Right time”



- You may prefer to come along to Triple P Discussions/seminars. This is a great way to cover key areas we know many parents want information and help with, including:
 - Understanding general parenting issues, why children tend to behave in certain ways under certain influences, and what they best respond to.
 - Dealing decisively and effectively with behaviours such as aggression, non-cooperation and disobedience.
 - Recognising and managing situations that might be less obvious such as sadness, anxiety, difficulty with separation and problems mixing with other children.
- **0-12 seminars will cover:**
 - The power of positive parenting
 - Raising confident competent children
 - Raising resilient children

Group dates from September to December 2017

Group Name	Venue	Date/Times	Who For?
Managing Fighting and Aggression	Brickhill Lower School, Dove Rd, Bedford MK41 7AA	Tuesday 26th September, 9.30am-11.30am	Parents and Carers of children aged 3-12yrs
Hassle Free Shopping (Dealing with High Risk Situations)	St Gregory's School, Biddenham Turn, Bedford MK40 4AT	Wednesday 27th September, 1pm-3pm	Parents and Carers of children aged 3-12yrs
Getting Teenagers to Co-Operate	Lincroft School, Station Rd, Oakley, Bedford MK43 7RE	Wednesday 27th September, 7pm-9pm	Parents and Carers of children aged 3-12yrs
Dealing With Disobedience	The Hills Academy, Stancliffe Rd, Bedford MK41 9AT	Friday 29th September, 9.30am-11.30am	Parents and Carers of children aged 3-12yrs
Hassle Free Shopping (Dealing with High Risk Situations)	Brickhill Lower School, Dove Rd, Bedford MK41 7AA	Tuesday 3rd October, 9.30am-11.30am	Parents and Carers of children aged 3-12yrs
Developing Good Bedtime Routines	St Gregory's School, Biddenham Turn, Bedford MK40 4AT	Wednesday 4th October, 1pm-3pm	Parents and Carers of children aged 3-12yrs
Coping with Teenage Emotions	Lincroft School, Station Rd, Oakley, Bedford MK43 7RE	Wednesday 4th October, 7pm-9pm	Parents and Carers of children aged 3-12yrs
Hassle Free Shopping (Dealing with High Risk Situations)	The Hills Academy, Stancliffe Rd, Bedford MK41 9AT	Friday 6th October, 9.30am-11.30am	Parents and Carers of children aged 3-12yrs
Dealing With Disobedience	Brickhill Lower School, Dove Rd, Bedford MK41 7AA	Tuesday 10th October, 9.30am-11.30am	Parents and Carers of children aged 3-12yrs
Managing Fighting and Aggression	St Gregory's School, Biddenham Turn, Bedford MK40 4AT	Wednesday 11th October, 1pm-3pm	Parents and Carers of children aged 3-12yrs
Reducing Family Conflict	Lincroft School, Station Rd, Oakley, Bedford MK43 7RE	Wednesday 11th October, 7pm-9pm	Parents and Carers of children aged 3-12yrs
Developing Good Bedtime Routines	The Hills Academy, Stancliffe Rd, Bedford MK41 9AT	Friday 13th October, 9.30am-11.30am	Parents and Carers of children aged 3-12yrs
Developing Good Bedtime Routines	Brickhill Lower School, Dove Rd, Bedford MK41 7AA	Tuesday 17th October, 9.30am-11.30am	Parents and Carers of children aged 3-12yrs
Dealing With Disobedience	St Gregory's School, Biddenham Turn, Bedford MK40 4AT	Wednesday 18th October, 1pm-3pm	Parents and Carers of children aged 3-12yrs
Building Teenagers Survival Skills	Lincroft School, Station Rd, Oakley, Bedford MK43 7RE	Wednesday 18th October, 7pm-9pm	Parents and Carers of children aged 3-12yrs
Managing Fighting and Aggression	The Hills Academy, Stancliffe Rd, Bedford MK41 9AT	Friday 20th October, 9.30am-11.30am	Parents and Carers of children aged 3-12yrs

Discussion Group dates September to December 2017

Discussion Group	Venue	Date/Times	Who For?
0-12 years Triple P	Cauldwell Primary School	Thursday, 9.30am-11.30am 2nd, 9th, 16th, 23rd, 30th November 7th, 14th December	Parents and Carers of children aged 3 to 12 years old
0-12 years Triple P	All Nations Church	Thursday, 7.45pm-9.45pm 28th September 5th, 12th, 19th, 26th October 2nd, 9th November	Parents and Carers of children aged 3 to 12 years old
Teen Triple P	Wootton Upper School	Wednesday, 7pm-9pm 1st, 8th, 15th, 22nd, 29th November 6th December	Parents and Carers of children aged 12yrs old and upwards
0-12 years Triple P (Polish Speaking)	Polish School (Based at Goldington Green Academy)	Saturday, 10am-12pm 30th September 7th, 14th, 21st, 28th October 4th, 11th, 18th November	Polish speaking Parents and Carers of children aged 0 to 12 years old

To book on to any of the above courses contact  **01234 276147**
or email us on  **triplep@bedford.gov.uk**

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