

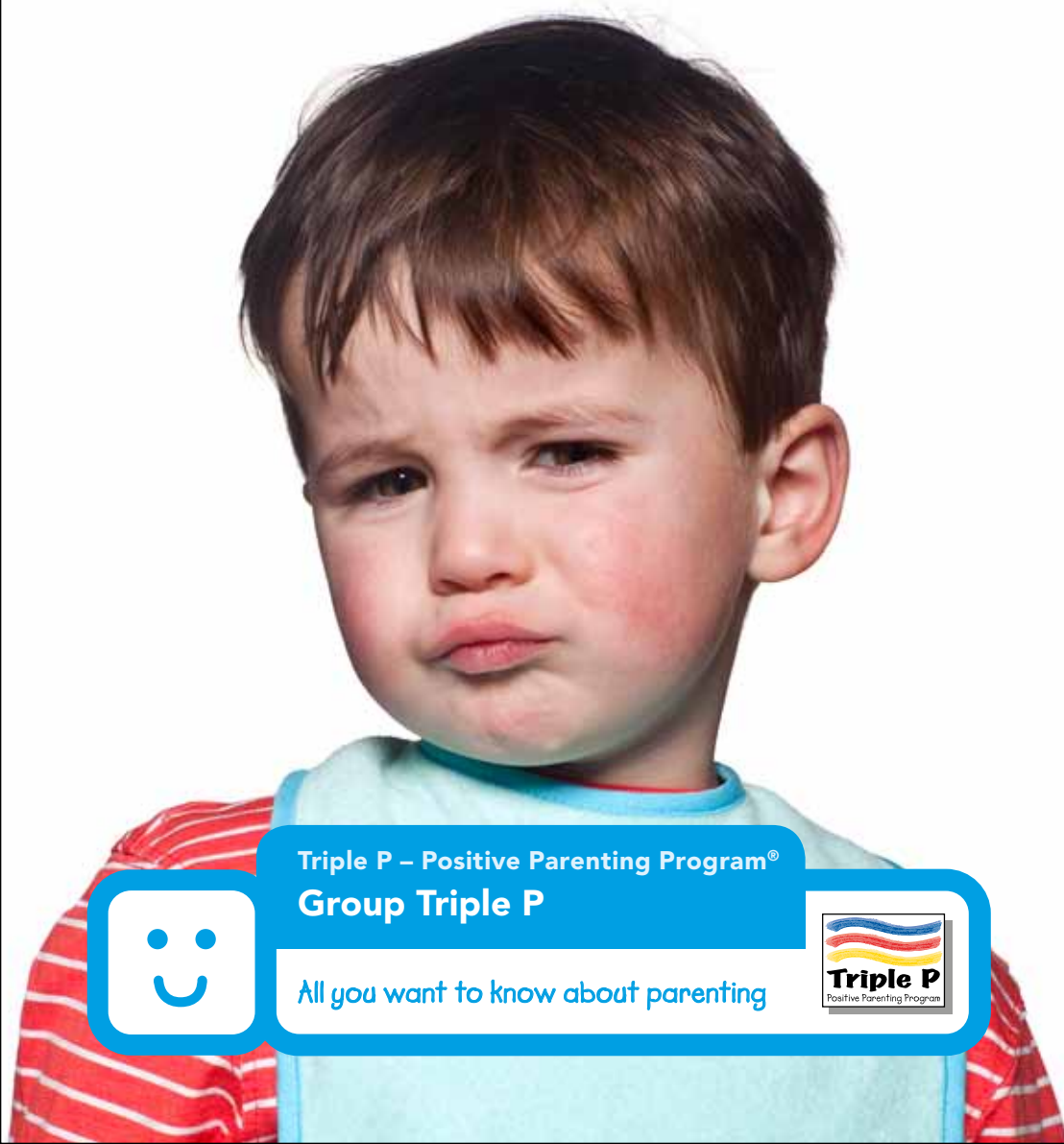


The Area Based Childhood Programme 2013-2017



The story of Laura and James was created to show typical outcomes for Triple P families.  
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# Parents, stay positive!



Triple P – Positive Parenting Program®  
Group Triple P

All you want to know about parenting





## Triple P takes the guesswork out of parenting

Group Triple P is a positive parenting course that can help you turn your family life around. You will get many great strategies to make raising kids easier.

### Is this your family?

Your child misbehaves all the time. Your family life is full of anger and tears. Every day feels like a battle. Or maybe things aren't that bad at all. You just want to be ready in case problems come up in the future. Either way, Group Triple P can help.

Group Triple P is a positive parenting programme that can help you manage your child's behaviour. It can help prevent problems too. You will feel more confident about parenting. And less stressed!

### What is Group Triple P?

Group Triple P is a great way to meet other parents facing the same issues as you. Each group has about 10 or 12 parents, so you won't feel alone! You will come together with your Triple P provider, who will give you lots of great parenting strategies. You choose the ones that fit your family's needs.

### How long will it take?

You will spend at least eight hours with your group. This could be in weekly sessions of two hours each. Or it could be one or two longer sessions. Group Triple P is:

- Up to four group sessions with other parents.
- A few weeks for home practice. (Your Triple P provider will call you each week to help and support you.)
- One final group session or phone call to go over any concerns you still have and celebrate your achievements.

### How can I get Triple P?

Triple P is available free to parents and carers throughout Finglas. See the back of this brochure for details of upcoming groups.

### Will Triple P work for me?

Triple P is one of the few parenting programmes in the world with evidence to show it works. More than 200 research trials and studies show Triple P can help families in many different situations. It's already helped millions of children and their families in more than 20 countries.



#### > Laura says:

*"At first I was nervous about telling the group the problems I was having with James. But I soon learned I wasn't the only one struggling with my child! I felt really supported as I tried out my new Triple P ideas at home. Things are really good with James now."*