

- 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.

We also work in conjunction with a range of agencies to provide:

- 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.

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 276367

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 - May to July 2018



“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

Discussion Group Dates from May to July 2018

Discussion Group	Venue	Date/Times	Who For?
Getting Teenagers to Co-Operate	Wootton Upper School Hall End, Bedford MK43 9HT	2nd May 2018 7pm - 9pm	Parents and Carers of Children aged 12yrs and above
Hassle Free Shopping with Children (Dealing with High Risk Situations)	Shortstown Primary Beauvais Square, Shortstown MK42 0GS	3rd May 2018 9.30am - 11.30am	Parents and Carers of Children aged 3-12yrs
Developing Good Bedtime Routines	Great Ouse Academy Seaforth Gardens, Bedford MK40 4TJ	3rd May 2018 1pm - 3pm	Parents and Carers of Children aged 12yrs and above
Coping with Teenagers' Emotions	Wootton Upper School Hall End, Bedford MK43 9HT	9th May 2018 7pm - 9pm	Parents and Carers of Children aged 12yrs and above
Managing Fighting and Aggression	Shortstown Primary Beauvais Square, Shortstown MK42 0GS	10th May 2018 9.30am - 11.30am	Parents and Carers of Children aged 3-12yrs
Hassle Free Shopping with Children (Dealing with High risk Situations)	Great Ouse Academy Seaforth Gardens, Bedford MK40 4TJ	10th May 2018 1pm - 3pm	Parents and Carers of Children aged 3-12yrs
Building Teenagers Survival Skills	Wootton Upper School Hall End, Bedford MK43 9HT	16th May 2018 7pm - 9pm	Parents and Carers of Children aged 12yrs and above
Developing Good Bedtime Routines	Shortstown Primary Beauvais Square, Shortstown MK42 0GS	17th May 2018 9.30am - 11.30am	Parents and Carers of Children aged 3-12yrs
Dealing with Disobedience	Great Ouse Academy Seaforth Gardens, Bedford MK404TJ	17th May 2018 1pm - 3pm	Parents and Carers of Children aged 3-12yrs
Reducing Family Conflict	Wootton Upper School Hall End, Bedford MK43 9HT	23rd May 7pm - 9pm	Parents and Carers of Children aged 12yrs and above
Dealing with Disobedience	Shortstown Primary Beauvais Square, Shortstown MK42 0GS	24th May 2018 9.30am - 11.30am	Parents and Carers of Children aged 3-12yrs
Managing Fighting and Aggression	Great Ouse Academy Seaforth Gardens, Bedford MK40 4TJ	24th May 2018 1pm - 3pm	Parents and Carers of Children aged 3-12yrs
Hassle Free Shopping with Children (Dealing with High Risk Situations)	Harrold Primary Harrold, Bedford MK43 7DE	18th June 2018 6.30pm - 8.30pm	Parents and Carers of Children aged 3-12yrs
Getting Teenagers to Co-operate	Mark Rutherford School Wentworth Drive, Bedford MK41 8PX	19th June 2018 7pm - 9pm	Parents and Carers of Children aged 12yrs and above
Developing Good Bedtime Routines	Harrold Primary Harrold, Bedford MK43 7DE	25th June 2018 6.30pm - 8.30pm	Parents and Carers of Children aged 3-12yrs
Reducing Family Conflict	Mark Rutherford School Wentworth Drive, Bedford MK41 8PX	26th June 2018 7pm - 9pm	Parents and Carers of Children aged 12yrs and above
Dealing with Disobedience	Harrold Primary Harrold, Bedford MK43 7DE	2nd July 2018 6.30pm - 8.30pm	Parents and Carers of Children aged 3-12yrs
Building Teenagers Survival Skills	Mark Rutherford School Wentworth Drive, Bedford MK41 8PX	3rd July 2018 7pm - 9pm	Parents and Carers of Children aged 12yrs and above
Managing Fighting and Aggression	Harrold Primary Harrold, Bedford MK43 7DE	9th July 2018 6.30pm - 8.30pm	Parents and Carers of Children aged 3-12yrs
Coping with Teenagers' Emotions	Mark Rutherford School Wentworth Drive, Bedford MK41 8PX	10th July 2018 7pm - 9pm	Parents and Carers of Children aged 12yrs and above

Group Dates from May to July 2018

Group Name	Venue	Date/Times	Who For?
0-12 years Triple P	Kings Oak Primary School Oak Road, Bedford, MK42 0HH	Wednesdays, 6.30pm - 8.30pm 6th, 13th, 20th & 27th June 2018 4th & 11th July 2018	Parents and Carers of Children aged 3-12yrs
Teen Triple P	Lincroft Academy Station Road, Oakley Bedford MK43 7RE	Wednesdays, 7pm-9pm 6th, 13th, 20th & 27th June 2018 4th & 11th July 2018	Parents and Carers of Children aged 12yrs and above

To book on to any of the above courses contact  **01234 276367**
or email us on  **triplep@bedford.gov.uk**



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