

# Triple P Stepping Stones

For parents/carers of children  
0-12 years with a special  
educational need or disability

## Course Aim:

Group Triple P supports parents or caregivers of children with a special educational need or disability to learn a broad range of parenting skills, focusing on the behaviour and not the child's disability or additional need.

## Course outcomes

- Positive parenting
- Promoting children's development
- Teaching new skills and behaviours
- Managing misbehaviour and parenting routines
- Planning ahead

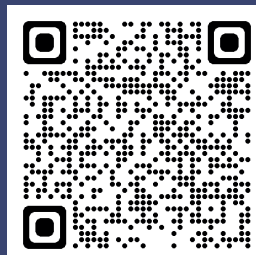
## Course details/key concepts

The course will focus on positive strategies to manage stressful and difficult situations. It supports you to set specific goals using strategies to promote your child's development, manage misbehaviour, and plan for challenging situations.



**6 week course**  
**2 hour sessions**

Contact your nearest  
hub for more information.



Scan for Local  
Hub contact details



# Triple P Family Transitions

For parents who are divorced or separated (with children and/or teenagers)

## Course Aim:

Family Transitions is a group parenting programme for divorced or separated parents. It gives the parent new ways to help protect their child - and themselves - from the fallout from a family separation.

## Course outcomes

- Learn to encourage behaviour the parent likes
- Learn to deal with problem behaviour
- Become more confident as a parent
- Be realistic about parenting
- Learn self-care

## Course details / key concepts

At Family Transitions sessions, meet other parents going through many of the problems that come with divorce or separation. The Triple P Family Transitions provider will give parents new ideas, techniques and strategies to help the day-to-day dramas and ongoing trauma of separation. These ideas can help parents to cope with stress, anger and change, resolve conflict, and communicate better with their ex-partners. Throughout the sessions, the group will watch the Family Transitions DVD, which shows how other parents have used the ideas to help their families. The group will also receive a Workbook to support them as they put their new ideas into practice. One or both parents can attend but they will attend **separate** sessions.



**A 2-hour session weekly**

Contact your nearest hub for more information.



Scan for Local Hub contact details



# Triple P Group

For parents/carers of  
children 0-12 years

## Course Aim:

Group Triple P supports parents or caregivers to promote their child's development, if they have concerns about their child's behaviour or simply wish to promote positive behaviour.

## Course outcomes

- Positive Parenting
- Helping children develop
- Managing misbehaviour
- Planning ahead
- Using positive parenting strategies

## Course details/key concepts

Group Triple P is for parents/carers to learn about the causes of their child's behaviour. It supports you to set specific goals using strategies to promote your child's development, manage misbehaviour, and plan for challenging situations.



**5 week course**  
**2 hour sessions**

Contact your nearest  
hub for more information.



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Hub contact details



# Triple P Baby

Preparing parents for  
parenthood and baby's first  
year (0-12months)

## Course Aim:

Triple P for Baby aims to prepare parents for a positive transition to parenthood and the first year with baby, promoting sensitive and responsive care in the perinatal period.

## Course outcomes

- Positive Parenting
- Responding to your baby
- Survival Skills
- Partner Support
- Implementing Parenting Routines

## Course details/key concepts

Parents actively participate in a range of exercises to learn strategies to develop a positive relationship with their baby, promote their baby's development and help teach their baby new skills and behaviours.



Contact your nearest  
hub for more information.



Scan for Local  
Hub contact details



# Who's in Charge? (WIC?)

For parents/carers of children  
8 - 18 years who are experiencing  
child to parent violence and abuse

## Course Aim:

The main aim of Who's in Charge? (WIC?) is to empower parents, reducing stress and guilt and giving them concrete strategies to support in reducing abusive and violent behaviour.

## Course outcomes

- Parents will feel less depressed and powerless
- The amount of violence and abusive behaviour will have decreased
- Parents and professionals within the community will have more knowledge about child-to-parent violence and abuse

## Course details / key concepts

The Who's in Charge? group is part therapeutic, part educational for parents of a child who is abusive towards them or appears beyond their control. The course will explore feelings, thinking, behaviour, attitudes, assertiveness, and self-care.



**8 week course**  
**2 hour sessions**

Contact your nearest  
hub for more information.



Scan for Local  
Hub contact details

