Kirkby's Family Learning Team

Positive Parenting – "Triple P" Parenting Course

(to be held at Eden Children's Centre in Westvale Primary School)

The Triple P course is for parents who want to learn more about positive parenting and to better manage their children's behaviour. This could be parents who are having real problems with children who constantly misbehave, where family life can be full of anger, shouting and tears and is stressful for both parents and children. Or it could be for parents who just want to find out how to set up better routines, or build better relationships with their children.

Triple P is based on tried and tested methods that have been proven to work. Parents will be helped to think through the causes of problem behaviour and then given strategies, suggestions and tips to meet the needs of their family. They will also meet other parents who are experiencing similar situations and can share their experiences with them.

Triple P courses run over 6 weeks, with a session each week which lasts for about two hours. They are delivered by experienced parenting practitioners and are relaxed, informal, friendly and supportive. Courses are free to learners and take place at schools, children's centres and other community venues in Knowsley.

*The next **'Triple P Teen'** course in Kirkby is at **Westvale Primary School/Eden Children's Centre**. Sessions are on **Monday mornings, 9.30 – 11.30**. The course starts on **Monday 28th January**.*

If you would like to find out more about this 'Triple P Teen' course and how you can take part, please contact Sharon Lee (Family Learning) on:

443 4503 *or* 07825 117504