



FREE – 5 week Triple P course

Starting in Westvale Primary School

Wednesday 11th January 9.30 – 11.30am

Over the 5 weeks we cover:

- Managing your children’s behaviour
- Setting family routines and rules that everyone follows
- Developing positive relationships, so you can get along well with your kids and argue less
- Raising happy, healthy and confident children
- Creating a happy, safe environment where your family can thrive

Comments from Knowsley parents who have completed the course:

“My child’s behaviour has changed dramatically since the beginning of this course, it has changed the dynamics of the family completely, we have a much happier and calmer family unit”

“I have noticed I am a lot calmer”



“Since the beginning of the course I have noticed changes in my children’s behaviour, not as much arguing, we communicate better, we have set boundaries and stick to them now”

“My child’s behaviour has changed dramatically, I have changed my parenting style and become more understanding and approach problems & situations differently”

If you would like to attend, please contact Sharon Fitzgerald on 07825117499

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