

## What is Triple P?

Triple P is a programme that has been proven to work. It has been researched all over the world. It offers you some ideas on parenting. You choose the strategies you need. You choose the way you want to use them. It's all about making Triple P work for you. The courses are FREE and are available to parents/ caregivers.

## What does Triple P do?

Triple P' is a 'Positive Parenting Programme' which means it helps your family life to be much more enjoyable.

Triple P helps you:

- ✚ Raise happy, confident kids
- ✚ Encourage behaviour you like
- ✚ Manage misbehaviour so everyone in the family enjoys life more
- ✚ Set rules and routines that everyone respects and follows
- ✚ Take care of yourself as a parent

## How to book a place?

Parents can **call/email** or **text** the office on 01 8771588 to book into a course that suits you. Our practitioners will help you choose the right course that fits your family. We offer;

- ✚ Taster sessions in 1 .5-hour groups
- ✚ 2-hour workshops
- ✚ Longer weekly group programme (2.5-hour x 8/9wks) in the morning or evening in your local area.

**\*All workshops and groups must be pre-booked; if there are no registrations the workshops or groups will not go ahead.**

***\*Schedule is subject to change***

## What happens at a Triple P course?

You will receive a reminder text and/or email with the date and venue from the practitioner running the course. The course is delivered in a relaxed friendly environment. Your practitioner will introduce the course and give you a booklet. Throughout the course you will have the chance to listen and share your parenting experiences with other parents, pick up tips and make a plan of how to make your family life more enjoyable. If parents have any concerns around attending or participating in the course please talk to your local co-ordinator.

Triple P Co-ordinator: Eva Mills – 0876054488

Recruitment Officer: Linda Pickett – 0871432889



Date and Time	Topic	Venue	Pre-book	Facilitator
<b>January</b>				
Tue, 7 <sup>th</sup> Jan 2020 9.15am – 11.15am	DG: Developing Good Bedtime Routines	Our Lady Immaculate JNS, Darndale D.17	Pre-book	Linda F
Tue, 14 <sup>th</sup> Jan 2020 9.15am – 11.15am	DG: Managing Fighting and Aggression	Scoil Bhride, Donaghmede D.13	Pre-book	Linda F
Weds, 15 <sup>th</sup> Jan – Weds, 4 <sup>th</sup> Mar 2020 9.15am-11.15am	G: Triple P Group – 8-week programme <i>*please see group schedule attached</i>	Belmayne Educate Together NS, Belmayne D.13	Pre-book	Linda P
Thurs, 16 <sup>th</sup> Jan 2020 9.15am – 11.15am	DG: Dealing with Disobedience	Our Lady Immaculate JNS, Darndale D.17	Pre-book	Eva
Weds, 29 <sup>th</sup> Jan – Weds, 25 <sup>th</sup> Mar 9.00am – 11.30am	G: Triple P Stepping Stones Group (For parents of children with additional needs) 9-week programme. <i>*please see group schedule attached</i>	Bonnybrook Early Education Centre, D17	Pre-book	Caroline C
Tues, 21 <sup>st</sup> Jan 2020 9.15am – 10.45am	S: Raising Resilient Children	Scoil Bhride, Donaghmede D.13	Pre-book	Eva M
Tues 21 <sup>st</sup> Jan – Tues, 10 <sup>th</sup> Mar 2020 9.15am-11.15am	G: Triple P Group – 8-week programme <i>*please see group schedule attached</i>	St Monica’s Infant Girls School, Edenmore	Pre-book	Linda F
Mon, 27 <sup>th</sup> Jan 2020 10.30am – 12.30pm	DG: Developing Good Bedtime Routines	Coolock Library, Barryscourt Road, Kilmore D. 17	Pre-book	Eva M

S = seminar - level 2 (90 min one off sessions)    DG = Discussion Groups - level 3 (120 min one off sessions)    TP group – (120 mins x 8 sessions/150 mins x9 sessions)

Wed, 29 <sup>th</sup> Jan – Wed, 25 <sup>th</sup> March 9.15am -11.45am	G: Triple P Stepping Stones Group (For parents of children with additional needs) 9-week programme. <i>*please see group schedule attached</i>	St Francis Senior School, Priorswood D.17	Pre-book	Eva M
Wed, 29 <sup>th</sup> Jan 2020 9.15am – 10.45am	S: Raising Confident Competent Children	Our Lady Immaculate JNS, Darndale D.17	Pre-book	Sue C
Thurs, 30 <sup>th</sup> Jan 2020 6pm – 8pm	DG: Managing Fighting and Aggression	Kish House, Greendale Road, D.5	Pre-book	Linda P
Date and Time	Topic	Venue	Pre-book	Facilitator
<b>February</b>			Pre-book	
Tues, 4 <sup>th</sup> Feb 2020 9.15am – 11.15am	DG: Dealing with Disobedience	Bonnybrook Early Education Centre, D17	Pre-book	Caroline C
Thurs, 6 <sup>th</sup> Feb 2020 6pm – 7.30pm	S: Power of Positive Parenting	Doras Buí, Bunratty Drive, D.17	Pre-book	Eva M
Thurs, 20 <sup>th</sup> Feb 2020` 9.15am – 11.15am	DG: Developing Good Bedtime Routines	Bonnybrook Early Education Centre, D17	Pre-book	Linda P
Tues, 25 <sup>th</sup> Feb 2020 9.15am – 10.45am	S: Raising Resilient Children	Northside Partnership, Bunratty Drive, D.17	Pre-book	Sue C
Thurs 27 <sup>th</sup> Feb 2020` 6pm – 8pm	DG: Developing Good Bedtime Routines	Doras Buí, Bunratty Drive, D.17	Pre-book	Melanie M
Date and Time	Topic	Venue	Pre-book	Facilitator
<b>March</b>			Pre-book	
Tues, 10 <sup>th</sup> Mar 2020 10.15am – 11.45am	S: Raising Confident Competent Children	Coolock Library, Barryscourt Road, Kilmore D. 17	Pre-book	Sue C
Fri, 13 <sup>th</sup> Mar 2020 9.15am – 11.15am	DG: Managing Fighting Aggression	Scoil Bhride, Donaghmede D.13	Pre-book	Jane T
Wed, 18 <sup>th</sup> Mar 2020 9.15am – 11.15am	DG: Dealing with Disobedience	Scoil Bhride, Donaghmede D.13	Pre-book	Linda P

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Thurs, 19 <sup>th</sup> Mar– Thurs, 7 <sup>th</sup> May 2020 6pm - 8pm	G: Triple P Group – 8-week programme <i>*please see group schedule attached</i>	Northside Partnership, Bunratty D.17	Pre-book	Melanie M & Caroline D
Fri, 20 <sup>th</sup> Mar 9.15am – 10.45am	S: Power of Positive Parenting	Our Lady Immaculate JNS, Darndale D.17	Pre-book	Linda P
Tues, 24 <sup>th</sup> Mar – Tues, 19 <sup>th</sup> May 2020 6pm – 8.30pm	G: Triple P Stepping Stones Group (For parents of children with additional needs) 9-week programme. <i>*please see group schedule attached</i>	Darndale Belcamp Village Centre, Darndale D.17	Pre-book	Caroline C
Tues, 24 <sup>th</sup> Mar 2020 6pm – 8pm	DG: Developing Good Bedtime Routines	Northside Partnership, Bunratty Drive, D.17	Pre-book	Linda P
Thurs, 26 <sup>th</sup> Mar 2020 9.15am – 11.15am	DG: Managing Fighting and Aggression	Bonnybrook Early Education Centre, D17	Pre-book	Eva M
Tues, 31 <sup>st</sup> Mar 2020 6pm – 7.30pm	S: Raising Resilient Children	Northside Partnership, Bunratty Drive, D.17	Pre-book	Jane T
Date and Time	Topic	Venue	Pre-book	Facilitator
<b>April</b>				
Weds, 8 <sup>th</sup> Apr 2020 9.15am – 11.15am	DG: Dealing with Disobedience	Northside Partnership, Bunratty Drive, D.17	Pre-book	Jane T
Weds, 15 <sup>th</sup> Apr 2020 6pm – 8pm	DG: Developing Good Bedtime Routines	Coolock Library, Barryscourt Road, Kilmore D. 17	Pre-book	Eva M
Tues, 21 <sup>st</sup> Apr 2020 9.15am – 10.45am	S: Raising Confident Competent Children	Kish House, Greendale Road, D.5	Pre-book	Linda F
Weds, 22 <sup>nd</sup> Apr 2020 9.15am – 11.15am	DG: Managing Fighting and Aggression	Our Lady Immaculate JNS, Darndale D.17	Pre-book	Sue C
Tues, 28 <sup>th</sup> Apr 2020 6pm – 8pm	DG: Dealing with Disobedience	Doras Buí, Bunratty Drive, D.17	Pre-book	Linda F

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Weds, 29 <sup>th</sup> Apr 2020 9.15am – 10.45am	S: Power of Positive Parenting	Kish House, Greendale Road, D.5	Pre-book	Melanie M
Date and Time	Topic	Venue	Pre-book	Facilitator
<b>May</b>				
Tues, 5 <sup>th</sup> May 2020 6pm – 8pm	DG: Managing Fighting and Aggression	Belmayne Educate Together, Belmayne D.13	Pre-book	Melanie M
Weds, 6 <sup>th</sup> May – Weds, 24 <sup>th</sup> June 2020 10am – 12pm	G: Triple P Group – 8-week programme <i>*please see group schedule attached</i>	Doras Buí, Bunratty Drive, D.17	Pre-book	Jane T
Weds, 6 <sup>th</sup> May 2020 9.15am – 10.45am	S: Raising Resilient Children	St Monica's Infant Girls School, Edenmore	Pre-book	Caroline C
Tues, 12 <sup>th</sup> May 2020 6pm – 7.30am	S: Raising Confident Competent Children	Coolock Library, Barryscourt Road, Kilmore D. 17	Pre-book	Sue C
Weds, 13 <sup>th</sup> May 2020 6pm – 8pm	DG: Dealing with Disobedience	Kish House, Greendale Road, D.5	Pre-book	Linda P
Mon, 18 <sup>th</sup> May 2020 9.15am – 10.45am	S: Power of Positive Parenting	Scoil Bhríde, Donaghmede D.13	Pre-book	Linda F
Weds, 20 <sup>th</sup> May 2020 9.15am – 11.15am	DG: Developing Good Bedtime Routines	Our Lady Immaculate JNS, Darndale D.17	Pre-book	Eva
Tues, 26 <sup>th</sup> May 2020 6pm-8pm	DG: Managing Fighting and Aggression	Belmayne Educate Together, Belmayne D.13	Pre-book	Linda P

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Date and Time	Topic	Venue	Pre-book	Facilitator
<b>June</b>			<b>Pre-book</b>	
Tues, 2 <sup>nd</sup> June 2020 10.15am – 12.15pm	DG: Dealing with Disobedience	Coolock Library, Barryscourt Road, Kilmore D. 17	Pre-book	Eva
Thurs, 4 <sup>th</sup> Jun 2020 6pm – 7.30pm	S: Raising Resilient Children	Kish House, Greendale Road, D.5	Pre-book	Sue C
Tues, 9 <sup>th</sup> Jun 2020 9am – 10.30am	S: Raising Confident Competent Children	Northside Partnership, Bunratty Drive, D.17	Pre-book	Caroline C
Weds, 10 <sup>th</sup> Jun 2020 6pm – 8pm	DG: Developing Good Bedtime Routines	Coolock Library, Barryscourt Road, Kilmore D. 17	Pre-book	Linda P
Weds, 17 <sup>th</sup> Jun 2020 10.15am – 12.15pm	DG: Managing Fighting and Aggression	Coolock Library, Barryscourt Road, Kilmore D. 17	Pre-book	Melanie M
Tues, 23 <sup>rd</sup> Jun 2020 9.15am – 10.45am	S: Power of Positive Parenting	Northside Partnership, Bunratty Drive, D.17	Pre-book	Caroline C
Thurs, 25 <sup>th</sup> Jun – Thurs, 20 <sup>th</sup> Aug 2020 6pm – 8.30pm	G: Triple P Stepping Stones Group (For parents of children with additional needs) 9-week programme. <i>*please see group schedule attached</i>	Parnells GAA Club, Coolock Village	Pre-book	Jane T
Tues, 30 <sup>th</sup> Jun 2020 6pm – 8pm	DG: Developing Good Bedtime Routines	Coolock Library, Barryscourt Road, Kilmore D. 17	Pre-book	Linda F
Date and Time	Topic	Venue	Pre-book	Facilitator
<b>July</b>			<b>Pre-book</b>	
<b>Groups are coming to an end and Summer break</b>				
Date and Time	Topic	Venue	Pre-book	Facilitator
<b>August</b>			<b>Pre-book</b>	
<b>Groups are coming to an end and Summer break</b>				

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## \*Group Triple P Schedule

*\*All Sessions must be attended for certificate*

Week number:	Topic	Venue	Duration
Week 1	Session 1 – Positive Parenting	In group	2 hours
Week 2	Session 2 – Helping Children Develop	In group	2 hours
Week 3	Session 3 – Managing Misbehaviour	In group	2 hours
Week 4	Session 4 – Planning Ahead	In group	2 hours
Week 5	Session 5 – Using the strategies at home	At home	20 minute phone call
Week 6	Session 6 – Using the strategies at home	At home	20 minute phone call
Week 7	Session 7 – Using the strategies at home	At home	20 minute phone call
Week 8	Session 8 – Recap & Programme close	In group	2 hours

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## \*Group Stepping Stones Triple P Schedule

\*All

Week number:	Topic	Venue	Duration
Week 1	Session 1 – Positive Parenting	In group	2.5 hours
Week 2	Session 2 – Helping Children Develop	In group	2.5 hours
Week 3	Session 3 – Teaching new skills and behaviours and managing misbehaviour Part 1	In group	2.5 hours
Week 4	Session 4 – Managing misbehaviour Part 2	In group	2.5 hours
Week 5	Session 5 – Planning ahead	In group	2.5 hours
Week 6	Session 6 – Using the strategies at home	At home	20 minute phone call
Week 7	Session 7 – Using the strategies at home	At home	20 minute phone call
Week 8	Session 8– Using the strategies at home	At home	20 minute phone call
Week 9	Session 9 – Recap & Programme close	In group	2.5 hours

*Sessions must be attended for certificate*

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