

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. 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 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 session in 1 and a half hour groups, two hour workshops or a longer group programme in the morning or evening in your local area. **All attendance must be pre-booked.**

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