

For further information or to make a referral please contact:

### PPDU Business Support

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Parents,  
stay positive!

Please contact local Children's Centres for a full programme of groups

Billingham 01526 869 248

Bourne 01778 395 895

Caythorpe 01400 279 285

Grantham Belton Lane 01522 550 901

Grantham Swingbridge 01476 590 034

Market Deeping 01778 382 574

Sleaford 01529 306 888

South Witham 01572 768 876

Stamford 01572 764 072

Waddington 01522 721 750

Washingborough 01522 792 995

Witham St Hugh's 01522 869 541

# Group Triple P

## Positive Parenting Programme



For Families with  
Children 2-12yrs old

## What is Group Triple P

Triple P is a parenting program which gives several different ways of managing misbehaviour .

### Key Objects:

- Increasing parents skills in promoting good social, emotional & behaviours in their children
- Reducing parents' use of ineffective methods for managing misbehaviour
- Improving communication about parenting
- Reducing parental stress associated with raising children

**Are you a family or are you working with a family who are experiencing any of these common problems?**

Tantrums

Aggression

Noncompliance

Mealtime Problems

Bedtime Problems

Toileting

Low Self-Esteem

Separation Anxiety

Dealing with High Risk Situations

## The 5 Core Principles of Group Triple P

1. Having a safe interesting environment
2. Having a positive learning environment
3. Using assertive discipline
4. Having realistic expectations
5. Taking care of yourself as a parent

## The Strategies of Group Triple P

### Promoting a good relationship

- Spending time
- Talking with children
- Affection

### Encouraging good behaviour

- Descriptive praise
- Attention
- Interesting & engaging activities

### Teaching new skills & behaviours

- Setting a good example
- Incidental teaching
- Ask-say-do
- Behaviour charts

### Managing Misbehaviour

- Ground rules
- Directed discussion
- Planned ignoring
- Clear, calm instructions