

For further information or to make a referral please contact:

PPDU Business Support

Debora Hemingway - 01780 764072

Carole Stanton - 01522 680034

PPDU Facilitators

Kim Cooper - 01780 764 072

Caroline Palmer 07825 552 173

Marion Head- 07920 839 624

Lisa Cornall - 07824 417 603

Maureen Davies - 07919 304 482

Email:

Parents,
stay positive!

NKSKParenting@lincolnshire.gov.uk

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

TEEN

Positive Parenting Programme



For Parents with
Children aged
11years+

What is Group Triple P TEEN ?

Group Triple P TEEN is a parenting programme for parents struggling with teenagers.

Key Objects

- Increase parents' skills in promoting positive skills in their teenager such as problem solving and responsibility
- Reducing parents' use of ineffective methods of managing misbehaviour
- Improving communication between parents and young person
- Reducing parental stress linked to raising children & adolescents.

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

Rudeness
Aggression
Noncompliance
Complaining
Low Self-Esteem
Dealing with Risky Behaviours
(e.g. going to parties, staying over with friends & travelling alone),
Behaviour Disorders
Attention Deficit Hyperactivity

The 5 Core Principles

1. Providing a safe engaging environment
2. Creating a positive learning environment
3. Using assertive discipline
4. Having realistic expectation
5. Taking care of yourself as a parent

The Strategies of Group Triple P TEEN

Developing a Positive Relationship

- Spending time together
- Talking together
- Showing appropriate affection

Increasing Desirable Behaviour

- Descriptive praise
- Positive attention
- Engaging activities

Teaching New Skills & Behaviours

- Modelling
- Coaching problem solving
- Behaviour Contracts
- Family Meetings
- Behaviour charts

Managing Problem Behaviour

- Family rules
- Directed discussion
- Clear, calm requests
- Logical consequences
- Acknowledging emotional behaviour