

Triple P Positive Parenting Programme for parents of teenagers

Who is the group for?

The teenage years are a challenging time for both teenagers and parents. The Triple P programme is for all parents of teenagers who would like the opportunity to explore ways to manage this period more effectively whilst maintaining a positive relationship with your young person.

What will I get out of the group?

By the end of the programme, parents will have an understanding of:

- Factors influencing teenagers behaviour
- How to keep track of teenagers' behaviour
- How to manage risky behaviour
- Dealing with emotional behaviour
- Developing positive relationships with teenagers
- Increasing teenagers desirable behaviour

What happens at the group?

There will usually be about 10-15 parents in each group with the same parents attending each week. Each session will be facilitated by 2 practitioners who will encourage the group to consider some of the particular issues relating to parenting teenagers and strengthen parents' skills.

Facilitators will encourage parents to set their own goals for change and support parents to tailor the strategies discussed in the group to their needs. The sessions will consist of the facilitators presenting information, parents working together in small groups and watching and discussing DVD clips.

When and where does the group take place?

The course runs once a week for 8 weeks. There are four 2 hour group sessions, followed by 3 telephone support sessions during which a practitioner will call you to help you apply the strategies to your particular young person. The eighth week is the final group session. The course is run at different venues in Islington.

What do other parents say about Triple P?

"I've realised the way I am makes a big difference. When I'm calmer they are much nicer to be around"

"I now feel able to follow consequences through without feeling guilty"

"...using the various strategies suggested has given me the confidence to find my way out of a difficult situation. I feel I have more resourcefulness now."

"We didn't have any major problems. I just wanted some tips and strategies and Triple P was great. So easy to use"

"Thank you for giving me other ways to deal with problem behaviour instead of screaming at the kids and getting nowhere"

How can I find out more?

You can contact us for more information or find out when the next course is running and apply for it by contacting Coram Islington Parenting Support Service on 0808 168 5717 or email info@coram-islington.org.uk

