

Triple P: Fabulous Free Programme for Parents/Caregivers

Registration is now open for Triple P Workshops for mams/dads/caregivers:
(children do NOT attend)

Stepping Stones Group Tuesday April 23rd-18th June inclusive @ 6pm-8.30pm in **Preparing For Life, Bell Building, Link Road, Darndale Dublin 17**

Group Stepping Stones is suitable for mams/dads/caregivers of children aged 2-12 with a range of additional needs (e.g. intellectual disability, autism spectrum disorders, cerebral palsy, waiting on assessment) who wish to learn a variety of parenting skills that will promote their child's development and potential.

For more information or to register for Triple P workshops click link(below) or contact me directly (details below)

https://forms.office.com/Pages/ResponsePage.aspx?id=qJPvDP_9_kuoYeYN-D3GFksaYclTNRRMpKsP1FmnaqUQVA00VJEOFM3RFA5N0xNTzY5SVFNWDE0TS4u

Group Stepping Stones Triple P is run for 9 sessions and is suitable for parents and caregivers of children aged 2-12 years with a variety of additional needs (such as intellectual disability, autism spectrum disorders, cerebral palsy, or waiting for an assessment) who want to learn different parenting techniques to encourage their child's development and potential.

In Group Stepping Stones, parents/caregivers come together for the first 5 sessions which last 2 ½ hours each, sessions 6-8 are individual phone calls which may last between 20-30 mins, parents/caregivers come back together for week 9 which last 2 ½ hours.

The first 5 group sessions(2.5hrs) will cover topics on

- positive parenting
- develop good relationships with your children
- encourage your children to learn new skills and develop independence
- promote your children's health development and wellbeing
- manage misbehaviour and encourage behaviour you like
- plan for high-risk situations

sessions 6-8

Your facilitator will arrange a time with you for a phone call to offer individual support on parenting skills introduced in sessions 1-5.

Session 9 (2.5hrs) will cover topics on

- your progress reviews
- problem solving for the future
- phasing out the program
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Triple P parenting program provides parents and caregivers with a toolbox of ideas and strategies, allowing parents and caregivers to choose how and when to use them.

All Triple P workshops are free, refreshments will be provided.

Phone : Linda 087 1432889

Email : triplep@nspartnership.ie

Visit www.preparingforlife.ie

<https://www.triplep-parenting.uk.net/uk/triple-p/?cidsid=7qsjg02fi4s23t3dju7acep5hi>

Linda Pickett
Triple P Coordinator
PFL's Programmes Recruitment Officer
Phone: 01 877 1509
Mobile: 087 143 2889
Linda.pickett@nspartnership.ie

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