

Small changes, big differences.



What is Triple P?

Positive Parenting Programme

- Triple P allows parents to choose techniques that work best for them and their families. We provide the information, but you choose the ideas to use and that will work.
- Triple P gives parents proven tips and suggestions about handling common behavioural and developmental issues in their children.
- Triple P involves emphasising positive communication, and planning ahead to prevent a range of issues



We know that parents and the home environment are the most important influence in children's and young people's development in the home environment.

Triple P is backed by Suffolk County Council and is recommended by the Department of Education. It uses evidence based strategies, (proven to have positive outcomes) based on respected research. The strategies are based around building strong, supportive, encouraging families, with clear behavior boundaries, backed up by calm consequences and rewards. It gives parent/carers a chance to meet other parent/carers, suggested techniques to manage their children's behavior. It is made up of 5 group sessions, with two 1:1 telephone sessions that are friendly relaxed environment information, workshops, power point and DVD based.

Triple P emphasises working in partnership with parents - parents are the experts on their children. It is solution focussed, builds on strengths, setting goals and fits well with Signs of Safety. It normalises a lot of behaviour, and demonstrates how parent's reactions can escalate or calm situations. It encourages parents to have realistic expectations of their child's development and behaviour.