

TRIPLE P ONLINE

Help your kids cope with challenges

AVAILABLE
IN BEDFORD!

Now with extra module: Parenting during Covid-19

Support your child's emotional wellbeing (and improve yours, too!)

We all face challenges sometimes—and right now, many are facing difficult and uncertain times, with the coronavirus crisis and its ongoing effects. But positive parenting skills and strategies can make a huge difference to your child's development and wellbeing. And that can have a far-reaching impact on their life, and yours.

Why Triple P works

The Triple P – Positive Parenting Program is one of the world's best. Backed by more than 330 trials and studies, Triple P gives you proven parenting strategies that will help you develop your child's talents and 'life-skills'- so they can be happy, confident and successful. In the meantime, your home life will be better too: with rules followed, relationships stronger, and parents who are much less stressed!

Now, there's Triple P Online, so you can set your own parenting goals, learning step-by-step whenever you like. It'll help you:

- Cope with the difficulties and emotional stress of COVID-19
- Encourage good behavior
- Prevent tantrums & manage misbehavior
- Take the stress out of shopping
- Manage problems calmly and without yelling
- Get your child to cooperate and follow instructions
- Strengthen your relationship as you teach them new skills

Right now, this world class programme is available in Bedford and you can do it all online.

To access the programme please speak to your child's school / early years provider or contact us on:

Email: TripleP@bedford.gov.uk

Phone: 01234 276147

URL: bedford.gov.uk/social-care-health-and-community/children-young-people/help-for-families/early-help

Triple P is brought to parents by Bedford Borough Council

