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Learning Together to be the best we can.



Triple P: Positive Parenting Programme

No-one said being a parent was easy! Would you like a calmer home life with your children but don't know where to start? Do you feel like you have tried everything but your child's behaviour isn't getting any better? Would you like better routines for bedtimes or getting ready for school?

Dear Parents,

We are running a Group Triple P Parenting course to be held at **Nathaniel Newton Infant School**. Rebecca Plant, Learning and Family Support Teacher from Michael Drayton and Joanne Lindsey, Learning Mentor from Nathaniel Newton will be running the course so you will have two familiar faces delivering the programme. If you are interested in attending the course please contact Joanne (02476 392236) or Rebecca (02476 392272). Alternatively, just pop along to the welcome session to find out what it's all about.

The welcome meeting will be held on **Tuesday 12th April 2016 at 12.45 to 2.45 pm at Nathaniel Newton**. The aim of this session is to introduce you to the Triple P Programme and if you are interested, to complete the Parent Programme questionnaires. This is a relaxed and informal session and gives you a chance to ask further questions about the course. Course dates are as follows:

Pre programme session Tuesday 12th April.

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|---|--------------------------------|
| Session 1- Tuesday 19 th April | (Group session) |
| Session 2- Tuesday 26 th April | (Group session) |
| Session 3- Tuesday 3 rd May | (Group session) |
| Session 4- Tuesday 10 th May | (Group session) |
| Session 5- Tuesday 17 th May | (Telephone support session) |
| Session 6- Tuesday 24 th May | (Telephone support session) |
| Session 7- Tuesday 7 th June | (Group session) |
| Session 8- Tuesday 14 th June | (An add on session, if needed) |

We look forward to welcoming you to the Triple P programme.

Kind Regards

Miss Plant
Michael Drayton Junior School
(Learning and Parent Support Teacher)

Ms Lindsey
Nathaniel Newton Infant School
(Learning Mentor)

Here's what other parents have said about our group sessions.

Do it, it's very helpful.

Give it a go, it's great to hear that you are not on your own . . . the strategies are really good and it's picking out the ones that suit you and work for you and your family.

The course has helped me look at how I parent and how I react to certain situations. In changing the way I do things, the children's behaviour has changed lots too.

