



Want to know more about Triple P?

Follow the flowchart to find out who to contact.

Is your child aged 5-19?

Is your child aged 0-4?

Contact the
Early Help Service
0115 876 3343
or email
CityWideEarlyHelpTeams
@nottinghamcity.gov.uk

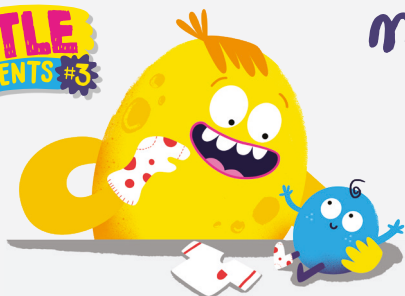
No

Do you live in
Aspley, Bulwell, Hyson Green
& Arboretum, or St Ann's?
Check your postcode at
www.smallstepsbigchanges.org.uk

Yes

Contact your local Family Mentor team
0115 883 6720

For information about other family support
and activities offered by Nottingham City
Council, visit **www.asklion.co.uk**



MAKING EVERYDAY MOMENTS FUN

When you share a moment with your
child, like reading a story or chatting
while you wait for a bus, you're
helping your child learn and grow.

Discover all of the Big Little Moments on the SSBC website:
smallstepsbigchanges.org.uk/biglittlemoments



Your Path to Positive Parenting



**Raise confident, happy
children and build stronger
family relationships.**

Triple P (Positive Parenting Programme)
has helped thousands of families.

We offer a mix of one-to-one
and group support to help you
manage the day-to-day
challenges of family life.

Free

for parents/caregivers
of children aged 0-19
living in
Nottingham City





Most of the time parenting is fun, but sometimes it can be hard work.

All parents face similar challenges.

Does your toddler have tantrums in the supermarket? Are they a fussy eater, or do they cry after being put to bed?

Does your teenager refuse to listen or follow instructions? Is their behaviour affecting your family life?

Triple P is proven to help families who want to improve their child's behaviour.

You can:

- 1 Talk about your child's behaviour and its impact on family life.
- 2 Learn simple and practical parenting tips.
- 3 Find out how to use the tips to suit the needs of your family.
- 4 Set achievable goals.
- 5 Build a parenting toolkit for the future.

You'll also get a tip sheet or workbook to take home. It will cover the strategies you talked about in your session.

Triple P is all about choice.

We'll work with you to choose the best options for you and your family:

- One-to-one sessions **or** group discussions
- Meet your Triple P coach once **or** up to eight times

Sessions are free for families in Nottingham City



Sessions are run by a trained Triple P coach

One-to-one sessions

Meet a Triple P coach anywhere, including at home. You can have 1-4 sessions and focus on specific issues of your child's behaviour. You'll take away a tip sheet full of ideas to continue to use at home.

Discussion groups

Meet with a small group of other parents for an informal group discussion. You will get practical advice for tackling specific behaviour. Groups cover four common topics - you can choose any that apply to you:

- Hassle-free shopping
- Managing fighting and aggression
- Developing good bedtime routines
- Dealing with disobedience.

8 week group course

Meet with other mums and dads to get practical advice about common parenting challenges. Set goals for your family and develop your own parenting plan.