



SET UP YOUR CHILD (OR TEEN) FOR SUCCESS



TRIPLE P – POSITIVE PARENTING PROGRAM®
START STRAIGHT AWAY WITH TRIPLE P ONLINE
WWW.TRIPLEP-PARENTING.NET/SHEFFIELD





“I feel like I’m equipped with the knowledge
and tips and tricks to manage tantrums and
day-to-day challenges.”

Emily, mother of 1



“What is the most important thing we can all do to prevent children developing behaviour problems, emotional problems or learning problems? We need to support parents in the most important job in the world – which is raising kids.”

Professor Matt Sanders

Founder, Triple P – Positive Parenting Program®

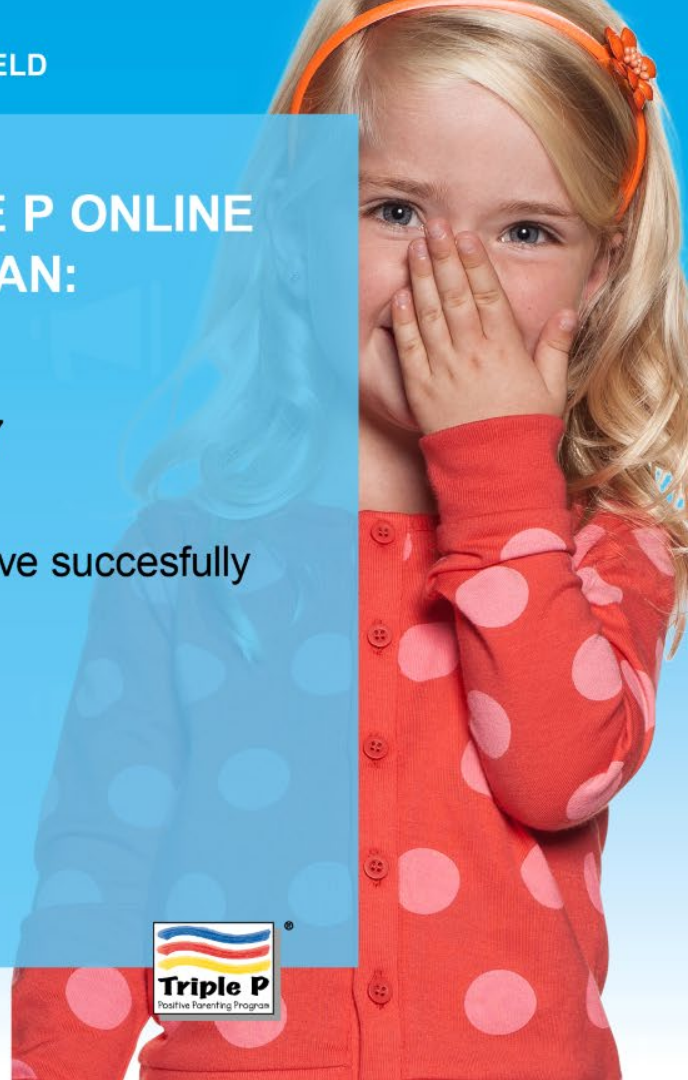


“At first I was reluctant to do a parenting programme.
I have learned so much [from Triple P Online] and
the behavioural change is much greater if you stick
with reinforcing the positives with your child.”

Nicky, mother of 2

TRIPLE P ONLINE & TEEN TRIPLE P ONLINE PUT YOU IN CONTROL SO YOU CAN:

- Choose the strategies that fit your family
- Do your course anywhere, anytime – 24/7
- Work at your own pace
- Print your graduation certificate once you've successfully finished the programme



TRIPLE P ONLINE WILL HELP YOU



SETTLE TANTRUMS AND CONFLICTS

for a calmer, less
stressful family life



ENCOURAGE GOOD BEHAVIOUR

to see more of the
behaviour you like



TACKLE DISOBEDIENCE

to give an
instruction once,
not 50 times

TRIPLE P ONLINE WILL HELP YOU



TEACH YOUR CHILD NEW SKILLS

to grow their
confidence and
independence



NEGOTIATE BOUNDARIES AND EXPECTATIONS

so everyone knows
what to do and when



EQUIP THEM TO HANDLE LIFE'S PROBLEMS

so they are prepared
for school and
beyond

IT REALLY WORKS



4
MILLION +

**FAMILIES HAVE
BEEN HELPED
BY TRIPLE P
POSITIVE
PARENTING**



290+

**TRIALS AND
STUDIES THAT
SHOW TRIPLE P
WORKS**



1ST
**TRIPLE P
ONLINE**

**ONLINE
PARENTING
PROGRAMME
PROVEN TO
WORK**



“You know you’re learning to be a better parent,
so I was happy to do [Triple P Online]. I didn’t
find it hard; it was for a good cause.”

Greg, father of 2



Information about other Positive Parenting Services provided by Sheffield City Council

Triple P Seminars - This is for you if you are interested in general information about promoting your child's development. They are 90 minute talks to large groups on a number of different topics. We hope you will find it interesting and take away some ideas.

To book a place on a seminar please use Eventbrite by following this link –

<https://www.eventbrite.co.uk/o/sheffield-parent-hub-17631456258>

Triple P Discussion Groups - The Triple P Discussion Group Series are 2 hour interactive sessions based on commonly encountered problems, which are delivered in small groups.

This is for you if you'd like a small discussion group session that looks at specific issues with some tailored and advice and ideas to take away. Booking for Discussion groups is essential. To book a place please call the team on 0114 2057243 or email sheffieldparenting@sheffield.gov.uk





ACKNOWLEDGEMENT

Triple P Online is brought to parents
by Sheffield Parent Hub

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www.sheffield.gov.uk/parenting



TO FIND OUT MORE ABOUT FREE TRIPLE P ONLINE:
WWW.TRIPLEP-PARENTING.NET/SHEFFIELD

