



Family Heart Services

Parenting Support

Triple p

What is Triple P?

- Triple P – Positive Parenting Programmes are evidence based parent training programmes aimed at supporting family relationships.
- It is available all over the world and has been shown to be effective for all cultural groups because it is tailored to the individual Family's needs.
- It is founded on three decades of research and clinical evaluation.
- Parents are encouraged to be self-reliant and to learn how to use simple routines and strategies to encourage positive behaviour and discourage unwanted behaviour.

How it is Triple P delivered?

- Programmes can only be delivered by trainers who have been accredited by Triple P.
- Level 4 and 5 programmes are individualised, based on real and current issues faced by parents.
- Sessions are generally delivered in the family home at times to suit everyone.
- The sessions take place weekly for around 10 to 12 weeks.

Who Triple P benefits?

- Programmes are suitable for parents with children of all ages and in any family circumstances.
- At the end of the programme parents are more confident, having developed good routines, set clear behaviour expectations and managed unwanted behaviour when it happens.

How to get Triple P?

- You can be referred by a support organisation who may pay for the programme or you can contact us directly to discuss how we can help you.

Psychology advice and guidance

What can we do?

- Our psychologist can offer advice and guidance about a number of different issues that parents find hard to manage
- We carry out assessments to help to work out what is causing the problem
- We offer training and support to understand and manage behaviour linked to a diagnosis like Autism
- We can work with schools and community groups as well as parents

How do we work with parents?

- We work with any parents who would like our support and we offer a judgement free, unbiased listening ear.
- The exact way we work depends on the issue. Sometimes we just offer ideas and guidance based on psychological experience.
- Sometimes we need to find out more about the problem by gathering more information, perhaps from the child or even from others who know them. Always with permission!
- It can be helpful to work directly with the child or young person if that helps.
- We will keep you informed of anything we find out and you will get some notes to remind you of what we agreed.
- We will never share your information without really good reason and without telling you.

How much does it cost?

- If you come to us through a support organisation, they may be able to pay for the service.
- If not, we can discuss how much you can afford and how to pay.