

Small changes, big differences.



Are you struggling with your child behavior and need some support?

Why not access one for our Triple P Courses either in person or via zoom

What is Triple P?

- We can support you to build a positive, caring relationship between you and your child/teenager.
- Empowering you as a parent/carer to choose the skills and values you wish to promote.
- Helping you raise a healthy child, encourage physical activity in your family and keep your child active
- Developing good relationships with your child and encouraging good behavior.
- Managing misbehaviors and teaching new skills and behaviors which you want to see

GROUP TRIPLE P COURSE
(FOR PARENTS OF CHILDREN 2 - 12YRS)

TEEN TRIPLE P COURSE
(FOR PARENTS OF ADOLESCENTS 12 – 16YRS)

LIFESTYLE TRIPLE P COURSE
(FOR PARENTS OF CHILDREN 5-10YRS)

For parents of children with weight relate behavior referral from health professional essential

STEPPING STONES TRIPLE P COURSE
(FOR PARENTS OF CHILDREN UNDER 2- 12YRS WITH DISABILITIES)

If you would like more information or you want to register to attend the next available course then please contact **Nichola Burrow** or **Tara King** in the following way:

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