

Boston & South Holland Early Help Team Parent Programme Delivery Unit (PPDU)

Title Of Programme	Description of the Programme
<div style="text-align: center;">  <p>Group Triple P (Positive Parenting Programme) 2yrs-12yrs 9 week programme</p> </div>	<p>Triple P gives parents simple and practical strategies to help them confidently manage their children's behaviour, prevent problems developing and build strong, healthy relationships. The aims of Triple P are:</p> <ul style="list-style-type: none"> • To promote independence of families by improving parents' knowledge, skills and confidence • To promote non-violent, protective and nurturing environments for children • To promote the development of social skills of children and young people
<div style="text-align: center;">  <p>Stepping Stones Triple P (Positive Parenting Programme) 2yrs PLUS 9 week programme</p> </div>	<p>Stepping Stones Triple P has been developed for parents of children with a developmental disability, including those with sensory and physical disabilities. It is based on Triple P's proven parenting strategies. It gives you ways to deal with the kinds of childhood behavior problems and issues that can make family life stressful. Stepping Stones Triple P has been evaluated with real families and has been proven to work with children with intellectual and physical disabilities who have disruptive behaviors.</p> <p>The aims of Stepping Stones Triple P are:</p> <ul style="list-style-type: none"> • Explore issues together • Positive parenting • Promoting children's development • Teaching new skills and behavior • Enhancing parent/child relationships • Managing misbehavior • Parenting routines • Managing high risk situations • Planning ahead



Teen Triple P
(Positive Parenting Programme)
10-18 yrs
9 Week programme

Group Teen Triple P Parenting Programme aims to support parents to find positive parenting strategies to manage issues with their teenagers who are at risk of developing behaviour problems. The programme is a preventative programme which aims to promote positive, caring relationships between parents and their teenagers, and to help parents develop effective management strategies for dealing with a variety of adolescent behaviour problems and common development issues.

Triple P helps you to understand the way your family works, and uses the things you already think, feel, say and do in new ways that nurture relationships, parenting skills and confidence, as well as supporting your wellbeing. Triple P helps you:

- Create a stable, supportive, harmonious family environment
- Teach your children the skills they need to get along with others
- Deal positively, consistently and decisively with problem behavior should it arise
- Encourage behavior you like.
- Develop realistic expectations of your children and yourself
- Take care of yourself as a parent

SFSC



Strengthening Families Strengthening Communities
A 13 week programme for parents with children 3yrs-18yrs

Being a parent is one of the most rewarding jobs in the world, but also one of the most challenging. Sometimes you feel alone and don't know where to turn for support and advice, especially if you are facing questions such as:

How can I motivate my child to try their best at school? How do I build a better relationship with my child? How do I stop my teenager truanting or getting involved in drink, drugs or anti social behaviour? How do I put boundaries in place with my child?

The course aims to achieve a healthy, violence free lifestyle for you and your family, learning along the way how to understand your own behaviour and build your confidence as a parent, how to influence your children's behaviour and improve your relationships and communication with your children.

<p style="text-align: center;">YEP Young Expectants Parents</p>  <p style="text-align: center;">10 week course Aimed at teenagers up to 19</p>	<p>Each week there will be a different focus as you progress with your pregnancy. Topics include:</p> <p>Birth plan, healthy lifestyle, safety in the home, reality babies, breastfeeding, relaxation, making a toy, money, budgeting and benefits with advice from the Citizen's Advice Bureau, roles and responsibilities of parenthood.</p>
 <p style="text-align: center;">Solihull Approach 0-18yrs 10 week course</p>	<p>The Solihull Approach programme is for families who want to learn more about sensitive and effective parenting of a child between the ages of 4 and 11 years.</p> <p>Are you struggling with understanding your child's behaviour and how to manage it? The aims of the programme are:</p> <ul style="list-style-type: none"> • To improve child behaviour • Focus on the parent-child relationship • To reduced parent stress <p>We will explore issues together such as - having fun together, how children develop, exploring feelings, behaviour difficulties, how to recover when things go wrong, communicating with your child, parenting styles, sleep patterns, anger and temper tantrums.</p>
 <p style="text-align: center;">(Supporting Parents of Teenagers) 8 Week Course</p>	<p>An 8 week course for parents or carers of teenagers (and Pre-Teens) who would like to improve their understanding, relationships and practical skills in managing their teenager's behaviour. Parents learn about different parenting styles and how each of these impacts in a different way on a young person's development. Strategies are introduced to help parents improve communication with their teenager, promote independence and learn how to resolve conflict. This is an invaluable course for all parents of teenagers.</p>

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