

TRIPLE P ONLINE FOR BABY

# Build a positive foundation for your baby, and for you

FREE IN  
SHEFFIELD

## Support your baby's development, and your own wellbeing

Most parents-to-be and new parents feel a mix of emotions. Welcoming a baby into your life is incredibly exciting, but also has challenging moments. There are positive ways to handle all of this!

Triple P for Baby gives you skills and strategies to support your baby's development, communication, and learning. And it also helps you care for your own emotional wellbeing, which is good for your baby, too.

## Why Triple P works

Triple P for Baby is part of the Triple P – Positive Parenting Program®, world-renowned and backed by research. You'll get proven parenting strategies to help you create the best environment for your baby's development, with a full toolkit of tips and ideas. And you'll learn effective ways to cope with changing emotions and relationship strains, too. Research indicates that both mums and dads who do Triple P for Baby feel happier and less stressed.

## Now, there's Triple P Online for Baby, so you can set your own parenting goals, learning step-by-step whenever you like. It'll help you:

- Promote your baby's social, emotional, and cognitive development
- Be empowered and have confidence in your own choices- different options to cope with frequent crying, sleeping, partner conflict and more
- Read your baby's cues and encourage their language learning
- Take better care of your own emotional and mental health
- Enjoy life as a new parent a lot more!



### START TODAY – IT'S COMPLETELY FREE!

Right now, this world-class program is available FREE in Sheffield, and you can do it all online.

E-mail: [SheffieldParenting@sheffield.gov.uk](mailto:SheffieldParenting@sheffield.gov.uk)

Phone: 0114 2057243

Find out more: [www.sheffield.gov.uk/home/social-care/positive-parenting](http://www.sheffield.gov.uk/home/social-care/positive-parenting)

Triple P is brought to parents by Sheffield City Council

