

FAMILY TRANSITIONS TRIPLE P ONLINE

Support your child through separation or divorce

FREE IN
SHEFFIELD

Create stability and help your family adjust well

Concerned about how your separation or divorce might affect your child? Worried about handling the changes and challenging moments – yours and theirs? This is a pivotal time for your family. And it can feel confusing and unsettling. But you don't have to navigate it alone.

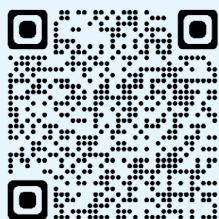
Family Transitions Triple P Online is a positive parenting programme especially for parents and carers going through separation or divorce. Based on extensive research, it's a complete toolkit of tips, tools and strategies you can use now to smooth the adjustment. For your child, yourself and the whole family. Plus, it's free.

This free online programme can help you learn how to:

- Create a stable, reassuring environment for your child.
- Reduce adverse effects of separation and divorce, and help children feel supported and secure.
- Help your child and yourself to manage emotions and develop good coping skills.
- Handle challenging moments more calmly and confidently.
- Build your communication and problem-solving skills to reduce conflict and co-parent more effectively.
- Adapt and evolve in your new family dynamic.

The programme goes beyond coping skills. It provides guidance on common co-parenting challenges, emphasises positive family relationships and can help you and your child to emerge feeling closer. And because every family situation is different, it can be personalised to suit your circumstances. Your former partner and other family members can do the programme too, which can help create alignment.

- Each of the five online modules takes about an hour (or less) to complete.
- Learn at your own pace, anywhere, anytime, and do just a few minutes at a time.
- Interactive, easy-to-use online programme with videos, activities and downloadable resources.
- Join thousands of parents and carers in the UK who have benefited from the trusted help of the Triple P – Positive Parenting Program®.



START TODAY – IT'S COMPLETELY FREE!

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

E-mail: SheffieldParenting@sheffield.gov.uk

Phone: 0114 2057243

Find out more: <https://www.sheffielddirectory.org.uk/sheffield-parent-hub/>

Triple P is brought to parents by Sheffield City Council

