

TRIPLE P ONLINE

Help your kids cope with challenges

FREE IN
SHEFFIELD

BE A POSITIVE PARENT IN UNCERTAIN TIMES: EXTRA MODULE NOW INCLUDED

Support your child's emotional wellbeing (and improve yours, too!)

We all face challenges sometimes – and recent events have added a little extra stress into family life. But positive parenting skills and strategies can make a huge difference to your child's development and wellbeing. And that can have a far-reaching impact on their life, and yours.

Why Triple P works

The Triple P – Positive Parenting Program® is one of the world's best. Backed by more than 330 trials and studies, Triple P gives you proven parenting strategies that will help you develop your child's talents and life-skills – so they can be happy, confident and successful. In the meantime, your home life will be better too: with rules followed, relationships stronger, and parents who are much less stressed!

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

- Cope with difficulties and emotional stress
- Encourage good behaviour
- Prevent tantrums & manage misbehaviour
- Take the stress out of shopping
- Manage problems calmly and without yelling
- Get your child to co-operate and follow instructions
- Strengthen your relationship as you teach them new skills



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

Phone: 0114 2057243

Find out more: www.sheffield.gov.uk/home/social-care/positive-parenting

Triple P is brought to parents by Sheffield City Council

