



BEDFORD
BOROUGH COUNCIL



for every parent

Early Help Parent Support Courses and Workshops

January – April 2025



“Right support **Right action** Right time”



Triple P... taking the guesswork out of parenting

Triple P is the flexible, practical way to develop skills, strategies and confidence to handle any parenting situation.

When it comes to raising children and teenagers, everyone has an opinion. Early Help 'Triple P' gives parents simple tips to help manage the big and small problems of family life. Problems like toddler tantrums or teenage rebellion, Self-esteem issues, Bedtime battles, Disobedience, Aggression. Triple P can help you deal with them all – and more.

Triple P – Positive Parenting Program responds to the needs of parents introducing core parenting skills – giving parents simple and practical strategies to help them confidently manage their children's/ Teen's behaviour, prevent problems developing and build strong, healthy relationships.

How it's delivered?

Early Help's Triple P delivery is a FREE service, aimed at families with children aged 3 to 18 years, through a range of universal programmes.

The programme contains a variety of discussions, video clips, worksheets and booklets for you to take away.

Our aim is to empower and equip parents with key skills to better, deal with the everyday and on occasion's extreme parenting challenges. Giving parents, the kind of solid parenting information and support that can reduce their distress and help prevent behavioural problems in children.

Virtual Discussion Groups and Seminars

You may like to come along to Triple P Discussions/seminars. This is a great way to cover key areas we know many parents want information and help with, including:

Understanding general parenting issues, why children tend to behave in certain ways under certain influences, and what they best respond to.

Dealing decisively and effectively with behaviours such as aggression, non-cooperation and disobedience.

Recognising and managing situations that might be less obvious such as sadness, anxiety, difficulty with separation and problems mixing with other children.

Stepping Stones Triple P

Stepping Stones Triple P has been developed for parents of children with a developmental disability or additional need. Because it's based on Triple P's proven parenting strategies, it gives you ways to deal with the kinds of childhood behaviour problems and issues that can make family life stressful.

Stepping Stones Triple P has been evaluated with real families and has been shown to work with children with intellectual and physical disabilities who have disruptive behaviour.

Who is this for?

Parents of children with a special education need (SEN) or disability (3 years to 12 years)

Stepping Stones Triple P can help you:

- Manage problem behaviour and developmental issues common in children with disabilities
- Encourage behaviour you like
- Cope with stress
- Develop a close relationship with your child
- Teach your child new skills

Triple P Online

The current climate has raised new parenting challenges for everyone. Children and teenagers have experienced disruptions to their daily life and increased worries about their safety and that of their family and friends. Children can react in unexpected ways because they cannot express how they are feeling.

The Triple P – Positive Parenting Program’s simple, practical strategies have been proven to work around the world, helping parents raise happy, confident children; set family routines and rules that everyone can follow; and balance work and family life with less stress.

You want the best for your family – to set up your children and teenagers for success and create a happier, calmer family life. But when do you learn how to parent, how to parent a teenager? How do you raise successful children?

Triple P Online could answer all your questions but still lets you choose the strategies that fit your family’s needs?

Triple P Online & Teen Triple P Online put you in control so you can:

- Choose the strategies that fit your family
- Do your course anywhere, anytime – 24/7
- Work at your own pace
- Print your graduation certificate once you’ve successfully finished the programme

Fear-Less Triple P

Fear-Less Triple P is a cognitive-behavioural parenting intervention that supports parents to help children manage their anxiety more effectively. The program encourages parents to generalize strategies to all family members, not just the child of concern.

Fear-Less Triple P aims to help parents to set a good example of coping with anxiety, coach their children to become more emotionally resilient, and develop a toolbox of strategies and choose the most effective to respond to their child’s anxiety.

The Fear-Less Triple P program can either be completed in six group sessions.

Suited to parents or caregivers of children aged from 6 to 18 years who have low to moderate levels of anxiety that cause significant distress or impact on their everyday functioning.

Strengthening Families

This is a programme for parents and children aged 10 to 14 to come to together.

The programme aims to help families to work together to solve problems, create and sustain a positive relationship and have fun together as a family.

It supports parents to manage misbehaviour, by using appropriate rewards and consequences, encourage, and support their children to make good choices and decisions.

The programme supports young people to make positive choices and decisions, understand the need for rules and encourages young people to recognise their strengths and look at how they can use those to manage difficulties.

To access the above course you will require the completion of an Early Help Assessment (EHA) or being supported through the Team Around the Family Process (TAF).

Who's in Charge

This is a 6 week programme to support parents where their children are especially challenging (violent/ aggressive) and all the usual strategies for managing behaviour do not seem to work.

This is a therapeutic group which offer alternative strategies tailored to particular personality types of both young people and parents and challenges parents to reflect on how their response can affect the outcome of situations. Age range 8-17 yrs.

To access the above course you will require the completion of an Early Help Assessment (EHA) or being supported through the Team Around the Family Process (TAF).

To book on to any of the courses email us on

 triplep@bedford.gov.uk

Parent Support Courses

6 weeks (one day a week),

from January – April 2025

Who's in Charge

Time / Date:

Tuesdays' 10am - Noon 7th Jan – 11th Feb 2025

Overview

6 - week course for Parents/s or carers of children with a disability or additional need, up to the age of 12, diagnosed or undiagnosed.

Venue:

Kempston Youth Centre, Hillgrounds Road, Kempston, MK42 8QP

How to book

To access this course, you will need to have an EHA or TAF in place. Please speak to your Child's school.

Stepping Stones

Time / Date:

Wednesdays' 1.15pm -3.15pm 8th Jan – 12th Feb 2025

Overview

6 - week course for Parents/s or carers of children with a disability or additional need, up to the age of 12, diagnosed or undiagnosed.

Venue:

Lakeview Primary School, School Lane Wixams Bedford MK42 6BH

How to book

Booking's being taken via Eventbrite.

www.eventbrite.co.uk/e/stepping-stones-triple-p-6-week-course-for-parents-of-children-aged-3-12-tickets-1046724720817?aff=oddtcreator



Strengthening Families

Time / Date:

Thursday's 5.15-8pm (meal provided)

9th Jan – 13th Feb 2025

Overview

6-week course for Parents or Carers and young people (aged 8-14) to come together to solve problems and sustain a positive relationship, having fun as a family.

Venue:

Kempston Youth Centre, Hillgrounds Road, Kempston, MK42 8QP

How to book

To access this course, you will need to have an EHA or TAF in place. Please speak to your Child's school.

Who's in Charge?

Time / Date:

Tuesday's 7pm- 9pm

25th Feb – 1st Apr 2025

Overview

6 week course for Parents or Carers of young people aged 8-17 who are experiencing challenging behaviour (aggressive or violent).

Venue:

Virtual Course, email link will be sent.

How to book

To access this course, you will need to have an EHA or TAF in place. Please speak to your Child's school.

NVR (Non Violent Resistance)

Time / Date:

Wednesday's 10am – 12 noon
26th Feb – 2nd Apr 2025

Overview

6 week course for Parents or Carers experiencing violence, intimidation and controlling behaviours.

Venue:

Kempston Youth Centre, Hillgrounds Road, Kempston, MK42 8QP

How to book

To access this course, you will need to have an EHA or TAF in place. Please speak to your Child's school.

Fear-Less

Time / Date:

Tuesday's 10 am – Noon
25th Feb – 1st Apr 2025

Overview

6 week course for Parents or Carers of Children aged 6-18 who have low to medium levels of Anxiety.

Venue:

Kempston Youth Centre, Hillgrounds Road, Kempston, MK42 8QP

How to book

Booking's being taken via Eventbrite.

<https://www.eventbrite.co.uk/e/fear-less-6-week-course-1-morning-a-week-tickets-1098088505279?aff=oddtcreator>



Strengthening Families

Time / Date:

Thursday's 5.15-8pm (meal provided)
27th Feb – 3rd Apr 2025

Overview

5-week course for Parents or Carers and young people (aged 8-14) to come together to solve problems and sustain a positive relationship, having fun as a family.

Venue:

Kempston Youth Centre, Hillgrounds Road, Kempston, MK42 8QP

How to book

To access this course, you will need to have an EHA or TAF in place. Please speak to your Child's school.

Parent Support 2 hour (one off) Workshops

from January - March 2025

All events can be viewed www.eventbrite.com/cc/courses-for-parents-and-carers-2884119?utm-campaign=social&utm-content=creatorshare&utm-medium=discovery&utm-term=odclsxcollection&utm-source=cp&aff=escb



Dealing with Disobedience

Time / Date:

13th January 2025 10am-12pm

Who for?

Parents and Carers of Children aged 5-12

Venue:

Booking's being taken via Eventbrite from.
<https://www.eventbrite.co.uk/e/dealing-with-disobedience-for-parents-of-children-aged-5-12-tickets-1086958224309?aff=odtdtcreator>



Coping with Teenage Emotions

Time / Date:

21st Jan 2025 7-9pm

Who for?

Parents and Carers of Children aged 12 and above

Venue:

Booking's being taken via Eventbrite.
<https://www.eventbrite.co.uk/e/coping-with-teenage-emotions-for-parents-of-children-aged-12-tickets-1091117665309?aff=odtdtcreator>



Good Bedtime Routines

Time / Date:

24th Jan 2025 12pm -2 pm

Who for?

Parents and Carers of Children aged 5-12

Venue:

Booking's being taken via Eventbrite.

<https://www.eventbrite.co.uk/e/good-bedtime-routines-for-parents-of-children-aged-5-12-tickets-1086973750749?aff=oddtcreator>



Teen Brain Matters

Time / Date:

27th Jan 2025
7-9pm

Who for?

Parents and Carers of Children aged 12 and above

Venue:

Booking's being taken via Eventbrite.

<https://www.eventbrite.co.uk/e/teen-brain-matters-for-parents-of-children-aged-12-tickets-1086981333429?aff=oddtcreator>



Managing Fighting and Aggression

Time / Date:

14th Feb 2025

1-3pm

Who for?

Parents and Carers of Children aged 5-12

Venue:

Booking's being taken via Eventbrite.

<https://www.eventbrite.co.uk/e/managing-fighting-and-aggression-for-parents-of-children-aged-5-12-tickets-1086983540029?aff=oddtcreator>



Reducing Family Conflict

Time / Date:

18th Feb 2025

7-9pm

Who for?

Parents and Carers of Children aged 12 and above

Venue:

Booking's being taken via Eventbrite.

<https://www.eventbrite.co.uk/e/reducing-family-conflict-for-parents-of-children-aged-12-tickets-1091043393159?aff=oddtcreator>



Teen Brain Matters

Time / Date:

24th Feb 2025

7-9 pm

Who for?

Parents and Carers of Children aged 12 and above

Venue:

Booking's being taken via Eventbrite from.

<https://www.eventbrite.co.uk/e/teen-brain-matters-for-parents-of-children-aged-12-tickets-1086986438699?aff=odtdtcreator>



Teen Brain Matters

Time / Date:

24th Feb 2025

7-9pm

Who for?

Parents and Carers of Children aged 12 and above

Venue:

Booking's being taken via Eventbrite.

<https://www.eventbrite.co.uk/e/teen-brain-matters-for-parents-of-children-aged-12-tickets-1086986438699?aff=odtdtcreator>



Dealing with Disobedience

Time / Date:

12th March 2025

11-1pm

Who for?

Parents and Carers of Children aged 5-12

Venue:

Booking's being taken via Eventbrite.

<https://www.eventbrite.co.uk/e/dealing-with-disobedience-for-parents-of-children-aged-5-12-tickets-1086991243069?aff=oddtcreator>



Getting Teenagers to Co-operate

Time / Date:

18th March 2025

7-9pm

Who for?

Parents and Carers of Children aged 12 and above

Venue:

Booking's being taken via Eventbrite.

<https://www.eventbrite.co.uk/e/getting-teenagers-to-co-operate-for-parents-of-children-aged-12-tickets-1086999527849?aff=oddtcreator>



Managing Fighting and Aggression

Time / Date:

24th March 2025

1-3pm

Who for?

Parents and Carers of Children aged 5-12

Venue:

Booking's being taken via Eventbrite.

<https://www.eventbrite.co.uk/e/managing-fighting-and-aggression-for-parents-of-children-aged-5-12-tickets-1087001082499?aff=oddtcreator>



Teen Brain Matters

Time / Date:

31st March 2025

7-9pm

Who for?

Parents and Carers of Children aged 12 and above

Venue:

Booking's being taken via Eventbrite.

<https://www.eventbrite.co.uk/e/teen-brain-matters-for-parents-of-children-aged-12-tickets-1087002115589?aff=oddtcreator>





Contact us

If you are a school, voluntary, or community organisation and would like us to deliver a Triple P seminar, discussion or group, please email:

@ triplep@bedford.gov.uk

Please note that the courses outlined within this leaflet are just one part of many family and parent support services that are offered from Bedford Early Help Service.

For information on the range of services available to families and professionals please visit the Early Help website at <https://earlyhelp.bedford.gov.uk>

