

The Parenting Team offer free evidence-based courses to all parents and carers, which aim to:

- Enhance the quality of family relationships
- Offer parents an opportunity to meet and discuss common parenting issues
- Value skills that parents have, and support to develop further skills
- Increase parents' confidence and raise self-esteem for parents and children
- Increase parents' awareness of stages of child development and the effects on behaviour presented
- Encourage parents to find assertive discipline techniques without the use of physical punishment
- Help parents to develop effective communication techniques
- Support parents in finding appropriate methods of coping with stress
- Promote the importance of identifying and recognising positive behaviour.

For more information or to make a referral, please contact:



St. Helens Council

**Early Help Service**

2nd Floor Atlas House  
Corporation Street  
St. Helens  
WA9 1LD

**Tel:** 01744 676543

→ [www.sthelens.gov.uk](http://www.sthelens.gov.uk)

[thedesignstudio@sthelens.gov.uk](mailto:thedesignstudio@sthelens.gov.uk)

Parenting now comes with  
an instruction manual.  
Simple to use, proven to work.

## Early Help Service



## Triple P Positive Parenting Programmes

Small changes,  
big differences.



St. Helens  
Council

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Parents can often feel overwhelmed by the demands of parenthood and welcome the opportunity to meet with other parents, discuss common parenting issues and build on skills they already have.

From infants' sleeping difficulties to toddler tantrums; family conflict to teenagers' defiance, there is a solution!

Triple P caters for every parent.

Imagine having an organised, orderly family routine with ground rules that everyone knows and follows!

Simple to use, proven to work.

Parenting Support available in St.Helens:

- Triple P groups:
- 0-12 years
- 13-16 years
- Stepping Stones (for parents of children with a disability, development delay and conduct disorder)

These groups focus on strategies for increasing desirable behaviour, strategies for managing problems behaviour as well as improving the emotional wellbeing of parents and children.

Also available:

- Triple P tip sheets
- Triple P workshops (2 hours)

Each course consists of 8 x 2 1/2 hour sessions (6 classroom based and 2 telephone sessions). Please note attendance on all 8 sessions is essential.

Imagine being confident that your parenting is giving your kids the best start to life.

*What other parents said:*

*"I feel a lot calmer and much more able to deal with things. I used to shout a lot and now realise I escalated situations. I shout much less and the house is much calmer and happier."*

*"I feel more at ease when dealing with situations knowing that I am following an actual strategy. Our relationship has improved; I am now able to trust more when my son goes out with his mates."*

*"I feel that Triple P has really helped me. I am more consistent and have a lot more confidence in myself."*