

Teen Triple P Parenting Programme

Teen Triple P is a positive parenting programme for parents of teenagers. It is an initiative of the Parenting and Family Support Centre at the University of Queensland

The programme is designed parents strategies to help their young person's development and manage behaviour difficulties.

This is for families who live in South East or Central Northumberland

For children aged 9+ years

Session	Topics
1	Where are we now ?
2	Understanding positive parenting & factors influencing behaviour
3	Encourage appropriate behaviour
4	Managing problem behaviour
5	Dealing with risky behaviour
6	Practicing using tools given– Telephone Support Session
7	Practicing using tools given– Telephone Support Session
8	Maintaining change and taking care of yourself

Parent/carers Benefits

- *Learn new strategies to promote positive behaviour
- *Get practical information you can use every day with your young person
- *Improve communication with your teenager
- *Promote teenager's development
- *Take care of yourself
- *Share ideas in a safe and friendly group

Young Person Benefits

- *Express needs appropriately
- *Co-operate with adults
- Being aware of how one's own actions affects others
- *Accept rules and limits
- *Develop positive feelings
- *Control aggression
- *Learn to do things for themselves
- *Negotiating and compromising

Upcoming Programmes

Programme 1

Week	Date	Time (pm)	Venue
1	Wednesday 3rd May 2023	12:45-2:45	Blyth Central
2	Wednesday 10th May 2023	12:45-2:45	Blyth Central
3	Wednesday 17th May 2023	12:45-2:45	Blyth Central
4	Wednesday 24th May 2023	12:45-2:45	Blyth Central
5/6	Half Term - Support Calls (x2)	TBA	
7	Wednesday 7th June 2023	12:45-2:45	Blyth Central
8	Wednesday 14th June 2023	12:45-2:45	Blyth Central

Programme 2

Week	Date	Time (pm)	Venue
1	Tuesday 2nd May 2023	6:00-8:00	Online—Teams
2	Tuesday 9th May 2023	6:00-8:00	Online—Teams
3	Tuesday 16th May 2023	6:00-8:00	Online—Teams
4	Tuesday 23rd May 2023	6:00-8:00	Online—Teams
5/6	Half Term - Support Calls (x2)	TBA	Online—Teams
7	Tuesday 6th June 2023	6:00-8:00	Online—Teams
8	Tuesday 13th June 2023	6:00-8:00	Online—Teams

**To book a place, please scan the QR code
Complete the form, tick parenting 5 –19 then
state you would like Triple P Programme on
the additional information**



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