

# Group Triple P (3-11 years)

A programme for parents of toddlers, pre-schoolers and primary school children to help them develop strategies to manage behaviours and help them meet the developmental challenges often associated with children of this age.

## Teen Triple P

(11-16 years)

A programme for parents of secondary school children to help them develop strategies to manage behaviours

## Stepping Stones

### Triple P

(children with additional needs)

Stepping Stones Triple P was developed to support parents of children with developmental disability including those with sensory needs, physical disabilities, ADHD, and ASD. It gives strategies and ideas on positive parenting to help parents manage behaviours and help children develop well.

## Child Parent Relationship Training

(3 to 10 years)

The child-parent relationship training programme (3 to 10 years) helps strengthen the relationship between a parent and a child by using 30 minutes (3–10-year-old model) or 60 minutes (11–14-year-old model) quality 1-1 play or shared time weekly.

## Child Parent Relationship Training

(11 to 14 years)

The child-parent relationship training programme (11 to 14 years) helps parents learn how to respond empathically to their child's feelings, build their self-esteem, help their child to learn self-control and self-responsibility, and they set therapeutic limits around choice and boundaries.

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To find out more about the courses available, go to [www.togetherforchildren.org.uk](http://www.togetherforchildren.org.uk) and search 'Early Help' or call Together for Children on 0191 520 5553.

