

TEEN TRIPLE P ONLINE

Help your teenagers cope with challenges

AVAILABLE
IN BEDFORD!

Now with extra module: Parenting during Covid-19

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

We all face challenges sometimes – and right now, many are facing difficult and uncertain times, with the coronavirus crisis and its ongoing effects. But positive parenting skills and strategies can make a huge difference to your teenager'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 can help you be a happier, less stressed parent, even during difficult times. It gives you ways to navigate family life more easily. Backed by hundreds of trials and studies, it's like the instruction manual your teenager didn't come with – and it'll help you encourage them to develop the kind of social, emotional and academic skills they need to succeed in life. That includes coping with, and bouncing back from, stress and uncertainty.

Teen Triple P Online helps you set your own parenting goals, learning step-by-step whenever you like. It'll help you:

- Communicate better
- Build a stronger relationship
- Agree on rules
- Deal calmly with conflict
- Navigate emotional ups and downs
- Equip your teen to handle life's challenges

Right now, this world class programme is available in Bedford and you can do it all online.

To access the programme please speak to your child's school / early years provider or contact us on:

Email: TripleP@bedford.gov.uk

Phone: 01234 276147

URL: bedford.gov.uk/social-care-health-and-community/children-young-people/help-for-families/early-help

Triple P is brought to parents by Bedford Borough Council

