

Building Relationships for Stronger Families

Recommended Programme of Help



KEY INFORMATION ►

The practitioner you have seen has recommended the following intervention. Please read to find out more.

Triple P Enhanced

Who is it for?

Together parents with a child/children, or expectant parents.

What does it consist of?

Ten sessions for couples or individual parents; can include parents with a teenager. Six sessions for expectant parents.

Why does it help?

Triple P aims to make parenting easier, and offers suggestions and ideas on positive parenting to help parents enjoy being a parent and help your child develop well. The programme is designed to make sure you have the necessary information and skills needed to practise the strategies introduced in the programme.

(continued overleaf)

Photo posed by models for illustrative purposes only.

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Asian Family Counselling Service
Individual, Couple and Relationship Counselling



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How this programme helps:

Principles involved

The sessions are based on some key principles for parents:

- ▶ developing practice on positive parenting strategies
- ▶ defining skills
- ▶ setting goals for the future
- ▶ learning how emotions affect parenting
- ▶ managing emotions
- ▶ relaxation strategies for dealing with negative or unhelpful thoughts
- ▶ working with the co-parent as a team and solving problems together.



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