

This programme runs for 4 face to face group sessions with 3 telephone contacts and final face to face group session

▶ Teen Triple P is a practical parenting course to help parents and carers with children aged 11 to 16 years

## Aims and Objectives

- build a strong relationship with your teenager
- resolve conflict
- manage problem behaviours
- help your teen stay safe.

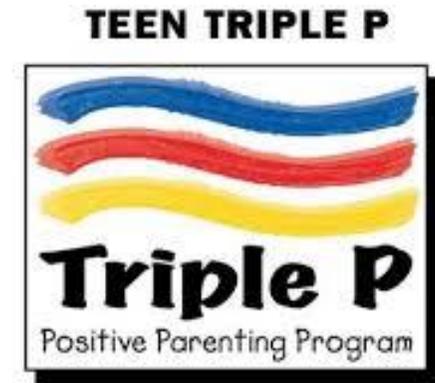
### Contact us:

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A Practical  
Parenting  
Programme  
Helping Parents  
Manage Teenage  
Issues

**Children First**  
Northamptonshire

The new name for Children, Families and Education.  
Please make a note of my new email address.



A Children First Northamptonshire Provision



### •1. Create a safe, interesting environment

- Create an environment that allows kids to explore safely and develop their skills.

### •2. Have a positive learning environment

- Give them positive attention, even if only for a minute or so. Encourage their ideas and opinions.

### •3. Use assertive discipline

- Set clear rules and boundaries and follow through with fair consequences.

### •4. Have realistic expectations

- Nobody's perfect –remember, we all make mistakes sometimes.

### •5. Take care of yourself as a parent

- It's all about balance.

Teenagers behaviour becoming too much for you to manage?

There is probably a lot of shouting and very little agreement. Maybe you do not bother trying to talk anymore.

But you are worried. Where will this all end?

Maybe it is not that bad. It is just that you realise things can change very quickly.

Teen Triple P can give the support you need.



## Group Triple Teen – All You Want To Know About Parenting Teens

Group Teen Triple P is a great chance to meet other parents in similar situations with similar concerns.

At Group Teen Triple P, you'll be given tips and suggestions to suit the needs of your family. The *Every Parent's Guide to Teenagers* DVD will show you how the strategies work in real life and your workbook will give you the tools you need to start positive parenting right away