

Small Changes

Big differences



Triple P - Family Transitions

Virtual via Microsoft Teams

Family Transitions Triple P is a programme aimed at parents who have been or are going through separation and divorce where there are unresolved conflicts causing difficulties communicating effectively with former partners. Parents may be concerned that the separation or divorce is upsetting their children, or they may want to learn ways to talk to their children about it and teach them ways to cope. Parents who do this course may have ongoing concerns about their child's behaviour. Parents learn to recognise the parent traps during separation and divorce, to how talk to their children about separation and divorce and to help children manage their emotions. Also included:

- Identify unhelpful emotions (e.g. stress, anxiety, anger);
- Recognise links between unhelpful emotions and parenting;
- Using coping skills and relaxation strategies;
- Understand how thoughts influence emotions and how they can challenge unhelpful thoughts;
- Understand how to handle conflict
- Using assertive communication skills;
- Holding child-related discussions with their former partner;
- Using problem solving techniques.

Bookings to the county parenting team can now be made through Suffolk's online Portal: <https://earlyhelpportal.suffolk.gov.uk/web/portal/pages/home>

Professionals with access to EHM & LCS can book a family to a parenting course directly through Liquid Logic, completing a quick standalone form. This form can be started from the basic demographics page of the child's record on EHM.

Course Dates

Session 1 Thursday 25th February 2021

Session 2 Thursday 4th March 2021

Session 3 Thursday 11th March 2021

Session 4 Thursday 18th March 2021

Session 5 Thursday 25th March 2021

Session 6 Thursday 1st April 2021

Time: 6:30pm – 8:30pm

www.triplep.net

