

Would you like to feel more confident in your parenting skills?
Would you like to meet with parents with children/young people of similar ages?

Would you like to strengthen your relationship with your child?
Are you curious about your child's behaviour?



Next courses runs from:

28/09/15 to 23/11/15

10am to 12:15pm

25/01/16 to 21/03/16

10am to 12.15pm

16/05/16 to 11/07/16

5.15pm to 7.30pm

The programme is for Parent/carers with children/young people of 10 - 15 years inclusive

To find out more contact

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Address

Norwich Parenting Service
c/o City Academy Norwich, Bluebell Road,
Norwich NR4 7LP



Triple P
Parenting Programme
Norwich



We will explore topics such as:

- What influences behaviour
- Problem solving
- Setting limits and rules that work
- Emotional behaviour
- Risky situations



The course will involve:

Friendly group leaders

A safe relaxed atmosphere

Fun and laughter

DVD clips

Group discussion

Refreshments

Comments from parents who have taken part in a Triple P Parenting Course:

My attitude and the way I react to situations has changed and I am much calmer and clearer in my requests.

We now talk and have a laugh which makes life happier.

It's given me some really good ideas to deal with the problems at home.

My parenting skills have improved which has had a good effect on my children and improved sibling relationships.

I feel more confident as a mum. We have more quality family time spent appropriately.

I've been more conscious of my own behaviour and listen a lot more to my children.

The course runs for **2 hours** a week over **8 weeks**.

The date and times are on the back of this leaflet.

This course is **FREE** of charge.



Don't worry if you don't know anyone else coming to the course. One of the course leaders will contact everyone before the course starts. We will tell you more about the course and talk about what you hope to get out of it.