

For further information, please contact:

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Action for Children helps the most vulnerable children and young people in Scotland break through injustice, deprivation and inequality, so they can achieve their full potential.

Action for Children, whose registered address is at 3 The Boulevard, Ascot Road, Watford WD18 8AG and registered as a charitable company limited by guarantee in England & Wales under number 4764232. Registered charity numbers 1097940/SCO38092.

Confidentiality

Service User's information is treated as confidential within the project and will only be shared with the knowledge and permission of the service user except when a child or vulnerable person is at risk.

Equality & Diversity

We respect differences in ethnic origin, gender, religion, sexuality, culture and language both as an employer and service provider.

We will endeavour to communicate in people's first language and will ensure participation of those with disabilities.

Participation

Young people and their families will be included in meetings and reviews about the progress they are making and their views will be sought before any decisions are made.

They will be asked for their views about the service they are receiving.

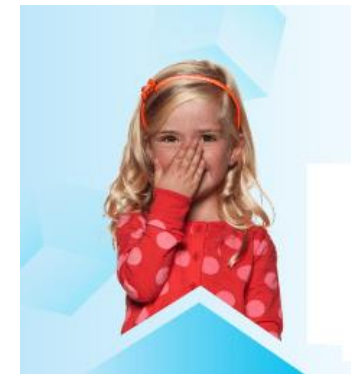
They will be encouraged to assist in the shaping and developing of the service.

Comments / Complaints

If you have any problems or concerns regarding the service, please speak to a member of staff. Any problems or concerns will be dealt with promptly.



Small Changes, Big Differences



***Proven to work and simple to use,
Triple P takes the guesswork out of parenting.***

What is Triple P?

Triple P is a service for parents of children ages 0-12 years. Triple P stands for 'Positive Parenting Program' and is a multi-level system of family intervention for parents of children who have or are at risk of developing behaviour problems.

It doesn't tell you how to be a parent. It's more like a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them. It's all about making Triple P work for you!



Triple P can help you...

- Build a positive relationship with your child.
- Teach your child the skills they need to get along with others.
- Set achievable rules and give manageable instructions your child will be encouraged to follow.
- Deal positively, consistently and decisively with problem behaviour should it arise.
- Encourage positive behaviour.
- Develop realistic expectations of your child and yourself.
- Raise happy, healthy, confident children.
- Feel confident you're doing the right thing.
- Take care of yourself, as a parent, as well as your child.



What will it be like?

The first 4 sessions are delivered in a group setting where there are no more than 12 parents in a group.

The first session lasts around 2.5 hours whereas sessions 2, 3 and 4 last no more than 2 hours. These sessions will give you the tools you need to start your positive parenting experience.

In sessions 5, 6 and 7 you will be practicing at home what you have learnt. During these three weeks you will be supported with a pre-arranged weekly phone call from the Triple P group leader to see how you are doing and offer support and advice.

Week 8 is the final session and the group will meet together again. This is a chance to go over any remaining issues and of course to celebrate all your successes!