



Parenting Programmes

In Cambridgeshire and Peterborough, **Webster Stratton (The Incredible Years)** and a range of **Triple P** parenting programmes are available to help families better understand and manage their children's behaviours. These programmes are free to parents and are endorsed by our paediatricians and neurodevelopmental service.

Webster Stratton and **Triple P (Positive Parenting Programme)** have been chosen because there is a strong evidence base to demonstrate consistently positive impact for parents accessing the programmes and their children. They also have published evidence of having a positive impact on children and young people with emotional and social difficulties.

Additionally, such programmes provide an opportunity to meet other parents and develop a support network.

A parenting programme can help families flourish by giving parents the confidence, skills, knowledge and understanding to build a strong and positive family life. This helps parents to keep children and young people safe, happy and healthy.

Parenting programmes can help parents learn:

- Effective parenting strategies
- How to promote a child's development
- How to manage common child behavioural problems
- Supporting children who are pre and post diagnosed

We strive to meet the needs of parents/carers who want to access a parenting programme. We will continue to try to deliver as flexible and accessible programmes as possible to enable parents/carers to access the support.

Our Programmes

Webster Stratton - the Incredible Years 5-11

The Incredible Years Webster Stratton course is supported by paediatricians and can have a positive impact on all children including those with neurodevelopmental disorders such as ADHD and Autism.

The programme is 10 weeks of two hourly sessions delivered in Peterborough and Cambridgeshire. We offer day courses and evening courses to suit your individual needs

The school age parenting programme strengthens parent-child interactions and attachment, reducing harsh discipline and fostering parents' ability to promote children's social, emotional, and academic development.

Parents learn how to:

- Monitor children after school
- Set rules regarding TV, computer and drug use
- Support children's homework
- Partner with teachers so that they can promote children's academic, social, and emotional skills.

In the parenting groups, trained *Incredible Years*® facilitators use real-life situational videos to support the training and stimulate parenting group discussions, problem solving, and practice exercises.

Parents said:

“I feel stronger as a mother and a person as I now feel I have the confidence to put the new steps in place”

“I thought my child had ADHD or something but I realised that it was the way things were at home“

“The course has completely changed my life and given me a new confidence to do new things“

“This course has changed my parenting for the better”



Triple P

Triple P Online parenting programme for parents of children age 5-11 and 11-16

What is Triple P online?

Triple P online is a broad-based parenting intervention delivered online for parents of children from 5-16 years. The programme involves eight (one-hour) online modules that parents complete independently in their own time, from a computer, tablet or smartphone.

Parents have online access to complete the programme for 12 months. Triple P Online introduces users to Triple P's 17 core parenting skills – simple strategies to encourage positive behaviour and to prevent and manage misbehaviour. The programme teaches parents to apply these principles to specific situations and includes strategies for partner support and coping with stress. The video-enriched programme aims for a balance of simplicity and interactivity to promote parental engagement and completion of the programme.

Who is it for?

Parents who prefer an online programme or are more suited to completing an online programme for reasons such as busy schedules, geographical isolation, or inability to attend regular parenting courses.

The programme can be used to prevent problems from developing or for parents of children with significant social, emotional or behavioural problems

For parents of secondary school age (11-16) it will help to build a stronger relationship, communicate better, agree on rules, deal calmly with conflict, navigate emotional ups and downs, and equip your teen to deal with life's challenges.

For parents of primary school age children (5-11) it will help you to encourage good behaviour, settle tantrums, take the stress out of shopping, tackle disobedience and teach your child new skills.

Parents said:

“Still learning from the course as there are always things to learn”

“The course has made me think about the way I say things”

“It’s good to be able to work through the course at your own pace”

“The downloads and resources are really good”

“The course is brilliant in the way it is presented”



Standard Triple P for secondary school age

What is Standard Teen Triple P?

Standard Teen Triple P is a broadly focused parenting support intervention on a one-to-one basis for parents of teenagers up to 16 years.

After thorough family assessment, parents set their own goals, learn ways to encourage positive behaviour for teens, and teach their teens new skills such as problem solving, conflict resolution, and self-regulation.

Over 10 sessions, parents identify the influences on teenagers' behaviour and set their own goals for change. Parents also learn ways to use appropriate consequences for problem behaviour (eg breaking family rules, taking inappropriate risks, emotional outbursts).

Who is it for?

Parents or caregivers who have concerns about their teenager's development and behaviour. They may be concerned that their relationship with their teen is not positive, that their teen has not learned independence and self-regulation skills, or that they have not found an effective way to discourage inappropriate or risk-taking behaviour.

Parents are most likely to benefit if they can commit to completing the 10 weekly sessions.

Group Teen Triple P

What is Group Teen Triple P?

Group Teen Triple P is a broad-based parenting intervention delivered over eight weeks for parents of teenagers up to 16 years who are interested in learning a variety of parenting skills. Parents may be interested in promoting their teenager's development and potential or they may have concerns about their teenager's behaviour.

The programme involves five two hour group sessions of up to 12 parents.

Parents actively participate in a range of exercises to learn about the influences on adolescent behaviour, setting specific goals and using strategies to promote a teenager's skills development, manage inappropriate behaviour, and teach emotional self-regulation.

Parents also learn how to plan around risk-taking behaviour and risky situations. Then there are three (15 to 30 minute) individual telephone consultations to assist parents with independent problem solving, while they are practising the skills at home.



Who is it for?

Parents or caregivers who have concerns about their teenager's behavioural problems or simply wish to prevent behavioural problems from developing.

Parents who have completed lower-level interventions and have not achieved the goals they want may benefit from a Group Teen Triple P intervention.

Parents need to be able to commit to all eight sessions.

Standard Stepping Stones Triple P

What is Standard Stepping Stones Triple P?

Standard Stepping Stones Triple P has been developed for parents of children with additional needs. It has been evaluated with families of children with a range of disabilities (eg intellectual disability, autism spectrum disorders, cerebral palsy) and elevated levels of disruptive behaviour.

Standard Stepping Stones Triple P begins with a comprehensive assessment of parent-child interaction and family issues. The intervention provides parents with support in managing their child's behaviour across various settings (eg disobedience, fighting and aggression, temper tantrums). The focus is on understanding the function of problem behaviour and teaching the child skills that can be used to replace misbehaviour.

Over 10 one-to-one sessions, parents learn to set their own goals, work out what changes they would like to see in their child's behaviour, and learn strategies to promote positive behaviour and deal with misbehaviour.

Who is it for?

Parents or caregivers of a child with a disability (up to 12 years) who have concerns about their child's moderate to severe behavioural problems and are able to commit to up to 10 regular individual consultations, either in a clinic or in the family home.

Access

Any parents interested in attending a parenting course should in the first instance speak to your Early Years Provider, School, Children's Centre or Health Representative who will be able to advise you on the referral process.