

Triple P Parenting Programme

Description

Service Description

Parenting programmes actively support parents to build upon their existing parenting skills and build positive relationships with their children.

Triple P parenting programmes are delivered within schools, children's centres and other settings.

This 8 week, parenting programme is suitable for parents and carers of children 2-8 years and available free to all Tower Hamlets parents / carers

Triple P supports parents to:

- Learn effective parenting strategies
- Gain skills to manage common child behaviour problems
- Discuss and practice positive discipline and setting boundaries
- Learn how to understand and promote their child's development
- Gain support from other parents

Group sessions are followed by three 15 - 30 minute telephone calls (once per week), addressing parents' individual progress and any concerns they may have.

The Parental Engagement Team also provides training and networking opportunities for parenting practitioners and maintains referral and communication systems for parenting programmes in Tower Hamlets.

Suitable for ages

Age of Users

From **2 years** to **8 years**

Costs

Cost

Free

Further Information

Provider Type	Delivery Channel	Referral Criteria
Parent Support	E-Mail In Person Telephone	None (Self-referral)

Provider

Parent Support

Parental Engagement Team

Contact Details

Telephone No

020 7364 6398

Email Address

parenting@towerhamlets.gov.uk

Address Details

Street Number

30 Greatorex Street

Town

London

Postcode

E1 5NP

Opening Times

Monday	from 09:00	to 17:00
Tuesday	from 09:00	to 17:00
Wednesday	from 09:00	to 17:00
Thursday	from 09:00	to 17:00
Friday	from 09:00	to 17:00

Similar Organisations

Parental Engagement Team

Strengthening Families Strengthening Communities Parenting Programme

Speakeasy Parenting Programme

Parental Engagement Team - Healthy Families Programme

Parental Engagement Team - Emotional First Aid