



Triple P: Positive Parenting

help your teenager cope with life's challenges

FREE access for up to 12 months



6 modules

1. What is positive parenting?
2. Encouraging appropriate behaviour
3. Teaching new skills
4. Managing problem behaviours
5. Planning ahead for risky situations
6. Raising confident, capable teenagers

Each module takes no more than 60 minutes to complete

The impacts of Triple P are far reaching. It can help to improve your teens development and well-being, help you navigate family life more easily and help you to be a happier parent.

Do you live in Trafford?

Triple P is **FREE** to access. Visit www.trafforddirectory.co.uk or email online.parenting@trafford.gov.uk



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