Two hours is all you need for a Triple P Discussion Group.

Positive parenting help on common parenting issues.

Aimed at parents of children aged 2 – 5 the Triple P Discussion Group Series includes parent discussion groups on commonly encountered problems such as disobedience, fighting and aggression, and managing situations such as shopping with children, mealtimes and bedtime. The discussion groups are designed to provide an overview of the positive parenting principles for any interested parent. Parents are actively involved throughout the 2-hour small group format discussions.

The sessions will be on the following dates in 2025 at Wickersley Library & Neighbourhood Hub, all sessions take place 9:30am while 11:30am:

- Tuesday 14th January 2025 "developing good bedtime routines"
- Tuesday 28th January 2025 "managing fighting and aggression"
  - Tuesday 11th February 2025 "hassle free meals"
  - Tuesday 25th February 2025 "dealing with disobedience"
- Tuesday 11th March 2025 "hassle free shopping with children"

## **BOOKINGS AND INFORMATION**

Places are limited. To book a free place at any of the sessions please contact Wickersley Library & Neighbourhood Hub on: 01709 544134. You may attend one discussion group or a number of discussion groups in the series.

