

Triple P Discussion Groups

Positive Parenting Programme for Every Parent



With Accredited Triple P Facilitators;

Phyllis Hayden, Hitherfield Children's Centre Manager &
Andrew Keane, Sunnyhill Children's Centre Better Start Worker



Session Themes to be Covered:

- **Dealing with Disobedience**

Tuesday 19th February 12.30-2.30pm Hitherfield Children's Centre

- **Managing Fighting and Aggression**

Tuesday 26th February 12.30-2.30pm Hitherfield Children's Centre

- **Developing Good Bedtime Routines**

Tuesday 5th March 12.30-2.30pm Hitherfield Children's Centre

- **Hassle Free Shopping With Children**

Tuesday 12th March 12.30-2.30pm Hitherfield Children's Centre

Relaxed and informal environment. Light refreshments provided. Free information and resources to keep and use at home. There is also a free crèche available, but places are limited so please book your place now to avoid disappointment.

For more information or to book your place in any one or all of the sessions please speak to someone at the nearest Children's Centre Office.

Or call ☎ 0208 835 9569 Hitherfield/ ☎ 0208 769 4785 Sunnyhill

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