

SET UP YOUR CHILD (OR TEEN) FOR SUCCESS



ONLINE COURSES
FOR PARENTS OF
TODDLERS, TEENS
AND IN-BETWEENS!



DO THE PARENTING COURSE
THAT REALLY WORKS – **FOR FREE**
TRIPLE P ONLINE



A HAPPIER FAMILY LIFE STARTS NOW

Being a positive parent brings out the best in your child, and makes your life easier too! Now, you can get Triple P support online, FREE! Log in to get your personalised parenting tips and strategies, whenever and wherever it suits you. Simple!

WHY TRIPLE P WORKS

The Triple P – Positive Parenting Program® can help you just like it's helped millions of other families. It's backed by hundreds of research trials and studies, so you can trust the information. Best of all, you're in charge. You choose how to guide your child or teenager towards a happy and successful adulthood; be a calmer, less stressed parent; and enjoy a stronger bond with your child.

CHOOSE WHAT'S RIGHT FOR YOU, BASED ON YOUR CHILD'S AGE AND DEVELOPMENT

Triple P Online
(for parents of young children)
can help you:

- Encourage good behaviour
- Manage misbehaviour
- Prevent tantrums
- Take the stress out of shopping
- Tackle disobedience
- Teach your child new skills

Teen Triple P Online
(for parents of pre-teens and teenagers)
can help you:

- Communicate better
- Build a stronger relationship
- Agree on rules
- Deal calmly with conflict
- Navigate emotional ups and downs
- Equip your teenager to handle life's problems

**FOR FURTHER INFORMATION AND
HOW TO ACCESS SERVICES CONTACT:**

EMAIL: FASS@WESTLOTHIAN.GOV.UK

TEL: 01506 284440 (OPTION 5)

**ADDRESS: STRATHBROCK PARTNERSHIP CENTRE
189A WEST MAIN STREET, BROXBURN, EH52 5LH**

