

Find a Teen Triple P group near you



The City of Edinburgh Council runs Teen Triple P groups in each area of the city in venues such as community centres, schools and libraries. Programmes run during the day and in the evenings. They are free for parents and carers of children who live or attend school in Edinburgh. Find details of local groups on www.joininedinburgh.org

To apply or for more information

Email supportingparentsandcarers@edinburgh.gov.uk
or phone the Parent and Carer Support Team
on 07860 736129,
between 10am and 3pm,
Monday to Friday.

www.edinburgh.gov.uk/teentriplep



TEEN Triple P

**Free courses for
parents and carers
of 11-16 year olds**



Small changes can make a big difference

Teen Triple P groups

Teen Triple P is a positive parenting programme which is suitable for parents, step parents, grandparents and carers of pre-teen and teenage children.

Teen Triple P can help parents and carers to:

- cope positively with some of the common issues associated with raising a teenager
- build a stronger relationship with their teenager
- resolve conflict in the family
- manage problem behaviour
- help their teen stay safe.



Teen Triple P groups are run by two Teen Triple P group leaders with up to 12 parents. Groups usually run for nine weeks with:

- five group sessions which last for two hours
- followed by three phone calls or individual sessions
- then a final group session.

The groups are friendly and relaxed. The group leaders will try to meet each parent before the group starts and will always welcome everyone with a cup of tea or coffee.

During group sessions, helpful strategies are introduced through DVD clips, discussions and activities. Each parent will be given a parent workbook which contains details of each session.

Sessions cover topics such as:

- factors which influence teenage behaviour
- developing a positive relationship with your teenager
- encouraging appropriate behaviour
- coaching problem solving skills
- managing problem behaviour
- negotiating family rules
- dealing with emotional behaviour
- preparing for new or risky situations.

I feel stronger and more confident as a parent and a person.

Excellent content with varied strategies which makes the programme flexible and manageable for all.

I have found the programme very helpful and supportive, the atmosphere was very relaxed and friendly.

It's reassuring to know that we are not alone.

Quotes from parents who have attended the groups