

Family Transitions Triple P

Triple P Family Transitions Programme for separated parents experiencing conflict in their relationship

The Parenting Team is delivering a short course that will support separating or separated parents to understand the impact family changes may be having on their children, how to reduce conflict and minimise the negative impact relationship breakdown has on family life.

What is Triple P Family Transitions?

Family Transitions Triple P is a five-week group programme delivered by the Parenting Team. It is designed for parents who are experiencing personal distress from their separation or divorce, which is impacting on or complicating their parenting. Often there are unresolved conflicts coupled with difficulties in communicating effectively with former partners. Parents may be concerned that the separation or divorce is upsetting their children and their children, and they may have concerns about their child's behaviour.

Each parent would attend a separate programme and whilst it is beneficial that both parents attend a programme, it is still beneficial if only one parent attends.

This course will help families:

- Understand the impact of family changes on children
- Communicate appropriately with their child/children about the changes in the family
- Develop strategies for difficult conversations and reducing conflict
- Continue to work together to support their child / children
- Develop an effective co-parenting partnership and avoid common co-parenting traps

For more details or to refer a family please email parenting@towerhamlets.gov.uk or call 020 7364 6398

These sessions are delivered by the Parent and Family Support Service

