



Parenting Programmes

Mellow Bumps:

For women between 20 – 32 weeks pregnant – 7-week antenatal programme to support new mothers to prepare for baby, reduce stress, anxiety and isolation and to start the bonding process with their baby

Baby Massage:

6-week course for mums and babies up to 6 months to help with bonding, routines, sleep and colic/digestion – contact babymassage@lbbd.gov.uk

Triple P for baby:

8-week programme that aims to prepare parents for a positive transition to parenthood and the first year with baby, promoting sensitive and responsive care in the perinatal period.

Triple P Stepping Stones (0-12 Years):

9-week programme for parents of children with a disability or long term health conditions (e.g. intellectual disability, autism spectrum disorders, cerebral palsy) and elevated levels of disruptive behaviour. Stepping Stones is to assist parents to refine the use of their parenting skills and to develop independent problem-solving skills

Strengthening Families

Strengthening Communities:

12 week programme for parents of children from tots to teens – the programme helps parents to build positive family relationships, manage anger and stress, understand child development, gain confidence in communication skills, recognise and value family and cultural traditions

Triple P Teen :

8-week programme, Parents actively participate in a range of exercises to learn about the influences on adolescent behaviour, setting specific goals, and using strategies to promote a teenager's skills development, manage inappropriate behaviour, and teach emotional self-regulation. Parents also learn how to plan around risk-taking behaviour and risky situations.

Mums Matter:

8-week programme for new mothers to support and improve maternal mental health, wellbeing and self-esteem – contact mumsmatter@haveringmind.org.uk

Triple P Group:

8-week programme for parents of children up to 12 years. Parents actively participate in a range of exercises to learn about the causes of child behaviour problems, setting specific goals, & using strategies to promote child development, manage misbehaviour, & plan for high-risk situations.

Triple P Online:

We have a range of online programmes which offer flexible learning ideal for working parents or those who are unable to attend group learning. The following programmes are available online: Triple P for Baby, Triple P 0-12, Triple P Teens, Triple P Fearless, Triple P Transitions

For more information or to book onto the Triple P Online Parenting Programme scan the QR code or email: parentingprograms@lbbd.gov.uk



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