



BEDFORD  
BOROUGH COUNCIL



*for every parent*

# Early Help Parent Support Courses and Workshops

April - July 2025



“Right support **Right action** Right time”



## Triple P... taking the guesswork out of parenting

Triple P is the flexible, practical way to develop skills, strategies and confidence to handle any parenting situation.

When it comes to raising children and teenagers, everyone has an opinion. Early Help 'Triple P' gives parents simple tips to help manage the big and small problems of family life. Problems like toddler tantrums or teenage rebellion, Self-esteem issues, Bedtime battles, Disobedience, Aggression. Triple P can help you deal with them all – and more.

Triple P – Positive Parenting Program responds to the needs of parents introducing core parenting skills – giving parents simple and practical strategies to help them confidently manage their children's/ Teen's behaviour, prevent problems developing and build strong, healthy relationships.

### **How it's delivered?**

Early Help's Triple P delivery is a FREE service, aimed at families with children aged 3 to 18 years, through a range of universal programmes.

The programme contains a variety of discussions, video clips, worksheets and booklets for you to take away.

Our aim is to empower and equip parents with key skills to better, deal with the everyday and on occasion's extreme parenting challenges. Giving parents, the kind of solid parenting information and support that can reduce their distress and help prevent behavioural problems in children.

## Virtual Discussion Groups and Seminars

You may like to come along to Triple P Discussions/seminars. This is a great way to cover key areas we know many parents want information and help with, including:

Understanding general parenting issues, why children tend to behave in certain ways under certain influences, and what they best respond to.

Dealing decisively and effectively with behaviours such as aggression, non-cooperation and disobedience.

Recognising and managing situations that might be less obvious such as sadness, anxiety, difficulty with separation and problems mixing with other children.

## Stepping Stones Triple P

Stepping Stones Triple P has been developed for parents of children with a developmental disability or additional need. Because it's based on Triple P's proven parenting strategies, it gives you ways to deal with the kinds of childhood behaviour problems and issues that can make family life stressful.

Stepping Stones Triple P has been evaluated with real families and has been shown to work with children with intellectual and physical disabilities who have disruptive behaviour.

### Who is this for?

Parents of children with a special education need (SEN) or disability (3 years to 12 years)

### Stepping Stones Triple P can help you:

- Manage problem behaviour and developmental issues common in children with disabilities
- Encourage behaviour you like
- Cope with stress
- Develop a close relationship with your child
- Teach your child new skills

## Triple P Online

The current climate has raised new parenting challenges for everyone. Children and teenagers have experienced disruptions to their daily life and increased worries about their safety and that of their family and friends. Children can react in unexpected ways because they cannot express how they are feeling.

The Triple P – Positive Parenting Program's simple, practical strategies have been proven to work around the world, helping parents raise happy, confident children; set family routines and rules that everyone can follow; and balance work and family life with less stress.

You want the best for your family – to set up your children and teenagers for success and create a happier, calmer family life. But when do you learn how to parent, how to parent a teenager? How do you raise successful children?

Triple P Online could answer all your questions but still lets you choose the strategies that fit your family's needs?

### **Triple P Online & Teen Triple P Online put you in control so you can:**

- Choose the strategies that fit your family
- Do your course anywhere, anytime – 24/7
- Work at your own pace
- Print your graduation certificate once you've successfully finished the programme

## Fear-Less Triple P

Fear-Less Triple P is a cognitive-behavioural parenting intervention that supports parents to help children manage their anxiety more effectively. The program encourages parents to generalize strategies to all family members, not just the child of concern.

Fear-Less Triple P aims to help parents to set a good example of coping with anxiety, coach their children to become more emotionally resilient, and develop a toolbox of strategies and choose the most effective to respond to their child's anxiety.

The Fear-Less Triple P program can either be completed in six group sessions.

Suited to parents or caregivers of children aged from 6 to 18 years who have low to moderate levels of anxiety that cause significant distress or impact on their everyday functioning.

## Strengthening Families

This is a programme for parents and children aged 10 to 14 to come to together.

The programme aims to help families to work together to solve problems, create and sustain a positive relationship and have fun together as a family.

It supports parents to manage misbehaviour, by using appropriate rewards and consequences, encourage, and support their children to make good choices and decisions.

The programme supports young people to make positive choices and decisions, understand the need for rules and encourages young people to recognise their strengths and look at how they can use those to manage difficulties.

To access the above course you will require the completion of an Early Help Assessment (EHA) or being supported through the Team Around the Family Process (TAF).

## Who's in Charge

This is a 6 week programme to support parents where their children are especially challenging (violent/ aggressive) and all the usual strategies for managing behaviour do not seem to work.

This is a therapeutic group which offer alternative strategies tailored to particular personality types of both young people and parents and challenges parents to reflect on how their response can affect the outcome of situations. Age range 8-17 yrs.

To access the above course you will require the completion of an Early Help Assessment (EHA) or being supported through the Team Around the Family Process (TAF).

To book on to any of the courses email us on

 [triplep@bedford.gov.uk](mailto:triplep@bedford.gov.uk)

# Parent Support Courses

## 6 weeks (one day a week),

### from April - July 2025



[Courses for parents and carers by Bedford Borough Family Hubs and Children's Centres](#) | [Eventbrite](#)

## Stepping Stones

### Time / Date:

Wednesdays' 1.15pm -3.15pm 23rd April – 28th May 2025

### Overview

6 - week course for Parents/s or carers of children with a disability or additional need, up to the age of 12, diagnosed or undiagnosed.

### Venue:

St Joseph's and St Gregory's Primary School, Chester Road, Bedford, MK40 4HN

### How to book

Booking's being taken via Eventbrite by following the link above or scanning the QR code.

## Who's in Charge

### Time / Date:

Friday's 10am -12 noon 25th April – 23rd May 2025

### Overview

5-week course for Parents or Carers of young people aged 8-17 who are experiencing challenging behaviour (aggressive or violent).

### Venue:

Kempston Youth Centre, Hillgrounds Road, Kempston, MK42 8QP

### How to book

To access this course, you will need to have an Early Help Assessment or Team around the Family meeting in place. Please speak to your Child's school.

## Strengthening Families

### Time / Date:

Thursday's 5.15-8pm (meal provided)

5th June – 10th July 2025

### Overview

6-week course for Parents or Carers and young people (aged 8-14) to come together to solve problems and sustain a positive relationship, having fun as a family.

### Venue:

Kempston Youth Centre, Hillgrounds Road, Kempston, MK42 8QP

### How to book

To access this course, you will need to have an Early Help Assessment or Team around the Family meeting in place.

Please speak to your Child's school.

## Fear-Less

### Time / Date:

Thursday's 12pm – 2pm 5th June – 10th July 2025

### Overview

6 week course for Parents or Carers of Children aged 6-18 who have low to medium levels of Anxiety.

### Venue:

Kempston Youth Centre, Hillgrounds Road, Kempston, MK42 8QP

### How to book

Booking's being taken via Eventbrite by following the link above or scanning the QR code

## Who's in Charge?

### Time / Date:

Tuesday's 7pm - 9pm  
10th June – 15th July 2025

### Overview

6 week course for Parents or Carers of young people aged 8-17 who are experiencing challenging behaviour (aggressive or violent).

### Venue:

Virtual Course, email link will be sent.

### How to book

To access this course, you will need to have an Early Help Assessment or Team around the Family meeting in place. Please speak to your Child's school.

## NVR (Non Violent Resistance)

### Time / Date:

Wednesday's 10am – 12 noon  
11th June – 16th July 2025

### Overview

6 week course for Parents or Carers experiencing violence, intimidation and controlling behaviours.

### Venue:

Kempston Youth Centre, Hillgrounds Road, Kempston, MK42 8QP

### How to book

To access this course, you will need to have an Early Help Assessment or Team around the Family meeting in place. Please speak to your Child's school.



# Parent Support 2 hour (one off) Workshops

from April - July 2025



[Courses for parents and carers by Bedford Borough Family Hubs and Children's Centres](#) | [Eventbrite](#)

## Managing Fighting and Aggression

### Time / Date:

24th April 2025 11am - 1pm

### Who for?

Parents and Carers of Children aged 5-12

### Venue:

Booking's being taken via Eventbrite by following the link above or scanning the QR code.

## Teen Brain Matters

### Time / Date:

28th April 2025 7pm - 9pm

### Who for?

Parents and Carers of Children aged 12 and above

### Venue:

Booking's being taken via Eventbrite by following the link above or scanning the QR code.

## Hassle Free Mealtimes

### Time / Date:

28th April 2025 10am – 12pm

### Who for?

Parents and Carers of Children aged 0-5

### Venue:

Booking's being taken via Eventbrite by following the link above or scanning the QR code.

## Reducing Family Conflict

### Time / Date:

29th April 2025 7pm - 9pm

### Who for?

Parents and Carers of Children aged 12 and above

### Venue:

Booking's being taken via Eventbrite by following the link above or scanning the QR code.

## Dealing with Disobedience

### Time / Date:

9th May 2025 1pm – 3pm

### Who for?

Parents and Carers of Children aged 0-5

### Venue:

Booking's being taken via Eventbrite by following the link above or scanning the QR code.

## Managing Bedtime Routines

### Time / Date:

12th May 2025 10am - 12pm

### Who for?

Parents and Carers of Children aged 0-5

### Venue:

Booking's being taken via Eventbrite by following the link above or scanning the QR code.

## Managing Fighting and Aggression

### Time / Date:

12th May 2025 1 pm – 3pm

### Who for?

Parents and Carers of Children aged 5-12

### Venue:

Booking's being taken via Eventbrite by following the link above or scanning the QR code.

## Managing Fighting and Aggression

### Time / Date:

20th May 2025 10am - 12pm

### Who for?

Parents and Carers of Children aged 0-5

### Venue:

Booking's being taken via Eventbrite by following the link above or scanning the QR code.

## Dealing with Disobedience

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**Time / Date:**

15th May 2025    1pm - 3pm

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**Who for?**

Parents and Carers of Children aged 5-12

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**Venue:**

Booking's being taken via Eventbrite by following the link above or scanning the QR code.

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## Teen Brain Matters

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**Time / Date:**

19th May 2025    7pm - 9pm

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**Who for?**

Parents and Carers of Children aged 12 and above

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**Venue:**

Booking's being taken via Eventbrite by following the link above or scanning the QR code.

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## Coping with Teenage Emotions

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**Time / Date:**

20th May 2025    7pm – 9pm

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**Who for?**

Parents and Carers of Children aged 12 and above

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**Venue:**

Booking's being taken via Eventbrite by following the link above or scanning the QR code.

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## Developing Good Bedtime Routines

### Time / Date:

12th June 2025 11 am -12pm

### Who for?

Parents and Carers of Children aged 5-12

### Venue:

Booking's being taken via Eventbrite by following the link above or scanning the QR code.

## Getting Teenagers to Co-operate

### Time / Date:

18th June 2025 12noon - 2pm

### Who for?

Parents and Carers of Children aged 12 and above

### Venue:

Booking's being taken via Eventbrite by following the link above or scanning the QR code.

## Hassle-Free Shopping

### Time / Date:

19th June 2025 10am - 12pm

### Who for?

Parents and Carers of Children aged 0-5

### Venue:

Booking's being taken via Eventbrite by following the link above or scanning the QR code.

## Dealing with Disobedience

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**Time / Date:**

23rd June 2025 10am - 12pm

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**Who for?**

Parents and Carers of Children aged 5-12

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**Venue:**

Booking's being taken via Eventbrite by following the link above or scanning the QR code.

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## Managing Bedtime Routines

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**Time / Date:**

25th June 2025 7pm - 9pm

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**Who for?**

Parents and Carers of Children aged 0-5

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**Venue:**

Booking's being taken via Eventbrite by following the link above or scanning the QR code.

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## Teen Brain Matters

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**Time / Date:**

30th June 2025 7-9pm

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**Who for?**

Parents and Carers of Children aged 12 and above

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**Venue:**

Booking's being taken via Eventbrite by following the link above or scanning the QR code.

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## Dealing with Disobedience

### Time / Date:

7th July 2025 12noon - 2pm

### Who for?

Parents and Carers of Children aged 5-12

### Venue:

Booking's being taken via Eventbrite by following the link above or scanning the QR code.

## Dealing with Disobedience

### Time / Date:

8th July 2025 10am - 12 noon

### Who for?

Parents and Carers of Children aged 0-5

### Venue:

Booking's being taken via Eventbrite by following the link above or scanning the QR code.

## Managing Fighting and Aggression

### Time / Date:

11th July 2025 1pm - 3pm

### Who for?

Parents and Carers of Children aged 0-5

### Venue:

Booking's being taken via Eventbrite by following the link above or scanning the QR code.

## Managing Fighting and Aggression

### Time / Date:

14th July 2025 1pm – 3pm

### Who for?

Parents and Carers of Children aged 12 and above

### Venue:

Booking's being taken via Eventbrite by following the link above or scanning the QR code.

## Building Teenagers Survival Skills

### Time / Date:

15th July 2025 12-2pm

### Who for?

Parents and Carers of Children aged 12 and above

### Venue:

Booking's being taken via Eventbrite by following the link above or scanning the QR code.





## Contact us

If you are a school, voluntary, or community organisation and would like us to deliver a Triple P seminar, discussion or group, please email:

@ [triplep@bedford.gov.uk](mailto:triplep@bedford.gov.uk)

Please note that the courses outlined within this leaflet are just one part of many family and parent support services that are offered from Bedford Early Help Service.

For information on the range of services available to families and professionals please visit the Early Help website at <https://earlyhelp.bedford.gov.uk>

