



**BEDFORD**  
BOROUGH COUNCIL



# Free Parent Information Sessions/Workshops

- ✓ Managing stress & overwhelm
- ✓ Understanding children's behaviour
- ✓ Building calmer family routines
- ✓ Support from experienced facilitators



**SCAN TO REGISTER  
IN 30 SECONDS**



 Early Help workshops are FREE (fees may apply to others)

 Online / Local sessions available

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





BEDFORD  
BOROUGH COUNCIL



*for every parent*

# Early Help Parent Support Courses and Information Sessions

April to July 2026



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



## Triple P... taking the guesswork out of being a parent

Triple P is the flexible, practical way to develop skills, strategies and confidence.

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 and Screentime. Triple P can help you deal with them all – and more.

Triple P – Positive Parenting Program responds to the needs of parents while giving them simple and practical strategies to 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 (25 with SEND), 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 Challenges. Giving parents, the kind of solid parenting information and support that can reduce their distress and help prevent behavioural problems in children.

## 1 – 2 Hour Discussion/Information Sessions

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 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 6 Week Course

Stepping Stones Triple P is designed for parents and carers of children with a special educational need or disability. Based on the well-established Triple P Positive Parenting Program, it offers practical strategies to help manage behaviours and challenges that can sometimes make family life more difficult. This program has been evaluated with families of children with special educational needs or disabilities who display behaviours that may be considered challenging—and has been shown to be effective.

### Who is this for?

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

### How can it help?

Stepping Stones Triple P can support you to:

- Understand and respond to behaviours that are common in children with additional needs
- Encourage positive behaviours
- Build your resilience and reduce stress
- Strengthen your relationship with your child
- Support your child to learn new skills

## Fear-Less Course

The aim of the Fear- Less course is to help people learn to manage their anxiety effectively so that it doesn't cause excessive distress and interference with functioning. The aim of wanting children to be less fearful.

The course is for parents who want to know more and or have significant concerns about children's and teenagers' anxiety. The course helps parents to develop effective anxiety – management strategies.

Fear – Less was specifically developed for parents who have children who have sufficiently high levels of anxiety which negatively impacts on their everyday functioning.

Over the length of the programme the following is covered:

- Understanding Anxiety
- Promoting emotional resilience
- Setting a good example and encouraging realistic thinking
- Overcoming avoidance
- Responding to Children's anxiety
- Constructive problem solving and maintaining gains.

## Strengthening Families Course

Strengthening Families is for parents and children aged 8 to 15 to come along to together.

This 6 week course (1 night a week) 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 course 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. A family meal is provided.

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). Please speak to your Child's school about this or email [TripleP@Bedford.gov.uk](mailto:TripleP@Bedford.gov.uk)

## Who's in Charge? Course

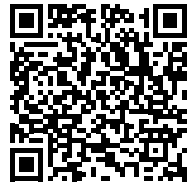
This is a 6 week course (2 hours once a week) to support parents where their children are especially challenging (violent/ aggressive) and all the usual strategies for managing behaviour do not seem to work.

This is a therapeutic group which offers 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). Please speak to your Child's school about this or email [TripleP@Bedford.gov.uk](mailto:TripleP@Bedford.gov.uk)

# Parent Support

## 2-hour (one off) Information Sessions (Discussion Groups),



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

**We have a variety of information Sessions called 'Discussion Groups' available throughout the year. These are bookable through our Eventbrite page link or QR code above. This page is updated regularly with new dates/times/venues. To book just click on the photo of the session you would like to attend.**

- Managing Fighting and Aggression (for parents/carers of children aged 3-12)
- Dealing with Disobedience (for parents/carers of children aged 3-12)
- Managing Screentime (for parents/carers of children aged 3-12)
- Developing Good Bedtime Routines (for parents/carers of children aged 3-12)
- Hassle Free Mealtimes (for parents/carers of children aged 3-12)
- Hassle Free Shopping with Children (for parents/carers of children aged 3-12)
- Teen Brain (for parents/carers of children over 12)
- Getting Teenagers to Cooperate (for parents/carers of children over 12)
- Coping with Teenage Emotions (for parents/carers of children over 12)
- Building Teenage Survival Skills (for parents/carers of children over 12)
- Reducing Family Conflict (for parents/carers of children over 12)

# Parent Support Courses

## 6 weeks (one day a week),



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

### Who's in Charge

#### Time / Date:

Wednesday's, 10am - 12 Noon, 15th April to 20th May 2026

#### Overview

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

#### Venue:

Central Family Hub, 30 Allhallows, Bedford, MK40 1LN

#### How to book

To access this course, you will need to have an EHA or TAF in place. Please speak to your Child's school or Email [TripleP@Bedford.gov.uk](mailto:TripleP@Bedford.gov.uk)

### Fear Less Course

#### Time / Date:

Thursday's, 10-12 Noon, 16th April to 21st May 2026

#### Overview

6 week course for parents or Carers who want to know more about children's and teenagers' 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.

## Triple P Course

### Time / Date:

Thursday's 12.30-2.30pm, 16th April to 21st May 2026

### Overview

6 week course for Parents or Carers who want to develop skills, strategies and confidence in parenting children up to the age of 12.

### Venue:

Central Family Hub, 30 Allhallows, Bedford, MK40 1LN

### How to book

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

## Who's in Charge? Course

### Time / Date:

Tuesday's 7-9pm, 2nd June to 7th July 2026

### 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 EHA or TAF in place. Please speak to your Child's school or Email [TripleP@Bedford.gov.uk](mailto:TripleP@Bedford.gov.uk)

## Stepping Stones Course

### Time / Date:

Wednesday's 12-2pm, 3rd June to 8th July 2026

### 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:

Central Family Hub, 30 Allhallows, Bedford, MK40 1LN

### How to book

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

## Strengthening Families Course

### Time / Date:

Thursday's, 5.15-8pm, 4th June to 9th July 2026

### Overview

6 week course for Parents/Carers and young people (aged 8-15) to attend together to solve problems and sustain a positive relationship while having fun as a family. A Family Meal is included.

### Venue:

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

### How to book

To access this course, you will need to have an EHA or TAF in place. Please speak to your Child's school or Email [TripleP@Bedford.gov.uk](mailto:TripleP@Bedford.gov.uk)

## Fear Less Course

### **Time / Date:**

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Tuesday's 10-12 noon, 9th June to 14th July 2026

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### **Overview**

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6 week course for Parents or Carers who want to know more about children's and teenagers' anxiety

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### **Venue:**

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Central Family Hub, 30 Allhallows, Bedford, MK40 1LN

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### **How to book**

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

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## 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>

