



Mengham Infant and Junior Schools are pleased to be able to offer Triple P courses for parents and carers.

Started in Australia, Triple P has been proven to help families overcome difficulties in managing children's inappropriate and 'bad' behaviours. Giving parents new strategies to help them to manage difficult or inappropriate behaviour and encourage children to make the right choices.

With a proven track record that this programme has helped many families, the two Mengham Schools now have accredited facilitators to run courses for parents and carers.

The course consists of four weekly group sessions, followed by 3 telephone sessions and finishes off with a final group session. Full support is given throughout the course.

Do you worry about how to deal with your toddler's tantrum? Is shopping with your child a nightmare?
Do your children constantly fight?



Do you dread having family days out, meals out in a restaurant or even a visit to the shoe shop?

Do bath-time and bed-time drag on for hours?
Do you find yourself giving in just to get things done?

Do you feel stressed by your child's behaviour or by what others will think of you or your child when you are out?

Triple P will be able to help you combat these feelings and make you a more confident, make your child more confident and better able to make good choices growing up.

If you have answered yes to some of those questions, why not come and see what a Triple P course can offer you. By taking part in the 8 week course, you will learn techniques to help you keep calm and take control of these difficult situations and make life more harmonious.



The sessions will be run in an informal, yet informative way, to help provide you with strategies for your child to change their behaviour and therefore make your life calmer.

You will have access to resources that will enable you to manage the challenging behaviour and bring harmony.



During the course, together we will look at the strengths and difficulties you have with your child; look at where you feel you need help in getting your child's behaviour to more acceptable levels; look at how you feel in yourself and with your relationship. We will help you with techniques to help improving your child's behaviour and develop skills to combat your concerns.

You will meet others who are also finding that managing their child's behaviour is not always a piece of cake.

At the end of the course, we will celebrate all the successes, whether small or large, with cake!

The structure of the course is 4 weeks of meetings to learn techniques and discuss ways of tackling 'problem' behaviour.

The following 3 weeks will be via the telephone with one of the facilitators to see how home tasks are going.

The 8th session is again a meeting to celebrate success and to receive a participant certificate.



The course is open to mums, dads or whoever has the day to day responsibility of looking after a child.

Numbers in the groups will be restricted, this is to ensure that plenty of support is being offered to each participant.

Karen Lunnon at Mengham Junior School and Jo Hawley at Mengham Infant School have both completed the extensive training to be able to facilitate the Triple P courses to groups of parents/carers/grandparents.

The courses are run free of charge and the only condition on taking part, is that you see the course to the end.

By joining in a group session, everyone is there to help support you in maintaining the goals you will set for yourself and your family.



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