

# Building Relationships for Stronger Families

Recommended Programme of Help



## KEY INFORMATION ►

The practitioner you have seen has recommended the following intervention. Please read to find out more.

## Triple P Enhanced

### Who is it for?

Together parents with a child/children, or expectant parents.

### What does it consist of?

Ten sessions for couples or individual parents; can include parents with a teenager. Six sessions for expectant parents.

### Why does it help?

Triple P aims to make parenting easier, and offers suggestions and ideas on positive parenting to help parents enjoy being a parent and help your child develop well. The programme is designed to make sure you have the necessary information and skills needed to practise the strategies introduced in the programme.

*(continued overleaf)*

Photo posed by models for illustrative purposes only.

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**Asian Family Counselling Service**  
Individual, Couple and Relationship Counselling



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## How this programme helps:

### Principles involved

The sessions are based on some key principles for parents:

- ▶ developing practice on positive parenting strategies
- ▶ defining skills
- ▶ setting goals for the future
- ▶ learning how emotions affect parenting
- ▶ managing emotions
- ▶ relaxation strategies for dealing with negative or unhelpful thoughts
- ▶ working with the co-parent as a team and solving problems together.



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