



SUFFOLK
PARENT
HUB



Suffolk
County Council

Small changes, big differences.



Triple P: Raising Resilient Children

Tuesday 20 June 2023

12:30pm – 2:30pm

At: Treehouse Family Hub, 251 Clapgate Lane, Ipswich IP3 0RH

- This seminar will be talking about six important building blocks for children to develop to help them manage their emotions. They are, recognising, understanding and accepting feelings, expressing feelings appropriately, in ways that do not harm others, building a positive outlook, developing effective ways of coping, dealing with negative feelings and unpleasant situations and managing particularly stressful life events.

This event is accompanied by a power-point presentation, supported with a tip sheet.

Triple P demonstrate how to use the key principles of Positive Parenting to encourage children to learn the skills they need, with support to encourage your child's mental and emotional wellbeing.

Your workshop facilitators: Yvette Hart & Kay Witchalls

***How to book onto this event please select course option Triple P Seminar.**

***Go to our link: <https://earlyhelpportal.suffolk.gov.uk/web/portal/pages/home>**

Select: 'Make a referral for parenting course' – tab follow links

Click 1 Referral for parenting programmes

Next 2 Parent referral - [In first section enter details of child \(or children if more than one\), and click 'Confirm'](#)

Next 3 Privacy Notice please read then click 'YES' to continue

Next Register/log-in and complete as requested

Next please insert parent details. Contact numbers and [email address](#) are needed to access workshop.

Next complete referrer details.

Next Complete requested details (Triple P Seminar) and finalise.

Facebook: <https://www.facebook.com/pages/category/Education/Suffolk-Parenting-Hub-105589491185801/>

Website: www.suffolk.gov.uk/theparenthub or email us parenting@suffolk.gov.uk



SUFFOLK
PARENT
HUB

For further info please contact kay.witchalls@suffolk.gov.uk Mobile: 07540 671191

www.triplep.net