



What is Triple P?

Triple P is a programme that has been proven to work. It has been researched all over the world. It offers you some ideas. You choose the strategies you need. You choose the way you want to use them. It's all about making Triple P work for you. The courses are FREE and are available to parents/ caregivers.

What does Triple P do?

Triple P is a 'Positive Parenting Programme' which means it helps your family life to be much more enjoyable.

Triple P helps you:

Raise happy, confident kids

- ✚ Encourage behaviour you like
- ✚ Manage misbehaviour so everyone in the family enjoys life more
- ✚ Set rules and routines that everyone respects and follows
- ✚ Take care of yourself as a parent

How to book a place?

Parents can call the office on 01 8771588 to book into a course that suits you. Our practitioners will help you choose the right course that fits your family. We offer;

- ✚ Taster sessions in 1 .5 hour groups
- ✚ 2 hour workshops
- ✚ Longer weekly group programme (2 hour x 8/9wks) in the morning or evening in your local area.

***All workshops and groups must be pre-booked; if there are no registrations the workshops or groups will not go ahead.**

****Schedule is subject to change***

What happens at a Triple P course?

You will receive a reminder text and/or email with the date and venue from the practitioner running the course. The course is delivered in a relaxed friendly environment. Your practitioner will introduce the course and give you a booklet. Throughout the course you will have the chance to listen and share your parenting experiences with other parents, pick up tips and make a plan of how to make your family life more enjoyable. If parents have any concerns around attending or participating in the course please talk to your local co-ordinator.

Triple P Co-ordinator: Eva Mills – 0876054488

Recruitment Officer: Linda Pickett – 0871432889



Date and Time	Topic	Venue	Pre-book	Facilitator
January				
Mon, 14 th Jan 9am-11am	DG: Developing Good Bedtime Routines	St Joseph's National School Bonnybrook, Macroom Rd D.17	Pre-book	Eva
Thurs, 17 th Jan 9.15 -10.45am	S: The Power of Positive Parenting	Our Lady Immaculate Junior School, Darndale D.17	Pre-book	Sue
Mon, 21 st Jan 9am-11am	DG: Managing Fighting and Aggression	St Joseph's National School Bonnybrook, Macroom Rd D.17	Pre-book	Eva
Tuesday, 22 nd Jan 9.15 – 10.45am	S: The Power of Positive Parenting	St Monica's Girls school Edenmore Avenue D.5	Pre-book	Sue
Wed 23 rd Jan – Wed 13 th March 9.15-11.15am	G: Triple P Group – 8 week programme <i>*please see group schedule attached</i>	Scoil Eoin, Greendale Rd, Kilbarrack D. 5	Pre-book	Linda P & Sarah B
Thurs, 24 th Jan 9.15-11.15am	DG: Dealing with Disobedience	Our Lady Immaculate Junior School, Darndale D.17	Pre-book	Linda F
Monday 28 th Jan 9am-11am	DG: Dealing with Disobedience	St Joseph's National School Bonnybrook, Macroom Rd D.17	Pre-book	Eva
Date and Time	Topic	Venue	Pre-book	Facilitator
February				
Tues, 5 th Feb 9.15am-11.15am	DG: Developing Good Bedtime Routines	St Monica's Girls school Edenmore Avenue D.5	Pre-book	Eva

S = seminar - level 2 (90 min one off sessions) DG = Discussion Groups - level 3 (120 min one off sessions) TP group – (120 mins x 8 sessions/150 mins x9 sessions)

Thurs, 7 th Feb – Thurs, 4th Apr 6pm -8.30pm	G: Triple P Stepping Stones Group (For parents of children with additional needs) – 9 week programme. <i>*please see group schedule attached</i>	Northside Partnership, Bunratty Drive D.17	Pre-book	Linda F & Caroline
Mon, 11 th Feb 9.15am – 10.45am	S: The Power of Positive Parenting	Scoil Bhríde, Grange Rd Donaghmede D.13	Pre-book	Sue
Weds 13 th Feb – Weds 3 rd April 9am – 11am	G: Triple P Group – 8 week programme <i>*please see group schedule attached</i>	Bonnybrook Early Education Centre, Bunratty Drive	Pre-book	Eva
Tues 19 th Feb 6pm-8pm	DG: Dealing with Disobedience	Doras Buí, Bunratty Drive Dublin 17	Pre-book	Sue
Mon, 25 th Feb 9.15 – 11.15am	DG: Dealing with Disobedience	Scoil Bhríde, Grange Rd Donaghmede D.13	Pre-book	Linda F
Tues, 26 th Feb 6pm-8pm	DG: Developing Good Bedtime Routines	Doras Buí, Bunratty Drive Dublin 17	Pre-book	Sue
Date and Time	Topic	Venue	Pre-book	Facilitator
March			Pre-book	
Tues, 5 th Mar 6pm-8pm	DG: Managing Fighting and Aggression	Doras Buí, Bunratty Drive Dublin 17	Pre-book	Eva
Mon, 11 th Mar 9.15am – 10.45am	S: Raising Resilient Children	Scoil Bhríde, Grange Rd Donaghmede D.13	Pre-book	Sue
Tues 12 th Mar – Tues 30 th April 6pm-8pm	G: Triple P Group – 8 week programme <i>*please see group schedule attached</i>	Kish House, Greendale Rd Kilbarrack D.5	Pre-book	Melanie & Caroline D
Weds 20 th Mar 9.15am – 11.15am	DG: Dealing with Disobedience	St Brendan's BNS, Mask Avenue Coolock D.5	Pre-book	Linda F
Weds, 27 th Mar 9.15am – 11.15am	DG: Managing and Fighting Aggression	Scoil Chaitríona, Mask Avenue Coolock D.5	Pre-book	Sue

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Date and Time	Topic	Venue	Pre-book	Facilitator
April				
<i>Groups coming to an end and 2 week Easter break</i>				
Date and Time	Topic	Venue	Pre-book	Facilitator
May				
Tues, 14 th May 9am – 10.30am	S: The Power of Positive Parenting	St Joseph's NS Bonnybrook, Macroom Rd D.17	Pre-book	Sue
Thurs, 23 rd May 9.15am – 11.15am	DG: Managing Fighting and Aggression	Our Lady Immaculate Junior School, Darndale D.17	Pre-book	Eva
Tues, 28 th May 9am – 10.30am	S: Raising Resilient Children	St Joseph's NS Bonnybrook, Macroom Rd D.17	Pre-book	Sue
Date and Time	Topic	Venue	Pre-book	Facilitator
June			Pre-book	
Tues 4 th June – Tues 23 rd July 6pm-8pm	G: Triple P Group – 8 week programme <i>*please see group schedule attached</i>	Northside Partnership, Bunratty Drive D.17	Pre-book	Caroline C
Thurs, 6 th June 9.15am – 11.15am	DG: Developing Good Bedtime Routines	Our Lady Immaculate Junior School, Darndale D.17	Pre-book	Linda F

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Date and Time	Topic	Venue	Pre-book	Facilitator
July			Pre-book	
<i>Groups are coming to an end and Summer break</i>				
Date and Time	Topic	Venue	Pre-book	Facilitator
August			Pre-book	
Tues, 27 th August	S: Raising Competent Confident Children	TBC	Pre-book	Sue
Weds 28 th Aug – Weds 23 rd Oct 6.00pm – 8.30pm	G: Triple P Stepping Stones Group (For parents of children with additional needs) – 9 week programme. <i>*please see group schedule attached</i>	Darndale/Belcamp Village Centre, Darndale D.17	Pre-book	Eva
Date and Time	Topic	Venue	Pre-book	Facilitator
September			Pre-book	
Tues 24 th Sep – Tues 12 th Nov 6pm-8pm	G: Triple P Group – 8 week programme <i>*please see group schedule attached</i>	Parnells GAA club, Coolock Village D.17	Pre-book	Linda P
Date and Time	Topic	Venue	Pre-book	Facilitator
October			Pre-book	
Thurs, 10 th Oct 9.15am – 11.15am	DG: Developing Good Bedtime Routines	Scoil Bhríde, Grange Rd Donaghmede D.13	Pre-book	Linda F
Mon, 14 th Oct 9am – 11am	DG: Dealing with Disobedience	Bonnybrook Early Education Centre, Bunratty Drive D.17	Pre-book	Linda F
Thurs, 24 th Oct 9.15am – 11.15am	DG: Managing Fighting and Aggression	Scoil Bhríde, Grange Rd Donaghmede D.13	Pre-book	Linda F

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Date and Time	Topic	Venue	Pre-book	Facilitator
November			Pre-book	
Thurs, 7 th Nov 9am – 10.30am	S: Raising Resilient Children	Bonnybrook Early Education Centre, Bunratty Drive, D.17	Pre-book	Sue
Wed, 20 th Nov 6pm – 8pm	DG: Dealing with Disobedience	TBC	Pre-book	
Wed, 27 th Nov 6pm – 8pm	DG: Managing Fighting and Aggression	TBC	Pre-book	
Date and Time	Topic	Venue	Pre-book	Facilitator
December			Pre-book	
Wed, 4 th Dec 6pm – 8pm	DG: Developing Good Bedtime Routines	TBC	Pre-book	
End of 2019 Schedule.				
We hope you have a very Merry Christmas and a Happy New Year.				

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*Group Triple P Schedule

**All Sessions must be attended for certificate*

Week number:	Topic	Venue	Duration
Week 1	Session 1 – Positive Parenting	In group	2 hours
Week 2	Session 2 – Helping Children Develop	In group	2 hours
Week 3	Session 3 – Managing Misbehaviour	In group	2 hours
Week 4	Session 4 – Planning Ahead	In group	2 hours
Week 5	Session 5 – Using the strategies at home	At home	20 minute phone call
Week 6	Session 6 – Using the strategies at home	At home	20 minute phone call
Week 7	Session 7 – Using the strategies at home	At home	20 minute phone call
Week 8	Session 8 – Recap & Programme close	In group	2 hours

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*Group Stepping Stones Triple P Schedule

**All Sessions must be attended for certificate*

Week number:	Topic	Venue	Duration
Week 1	Session 1 – Positive Parenting	In group	2.5 hours
Week 2	Session 2 – Helping Children Develop	In group	2.5 hours
Week 3	Session 3 – Teaching new skills and behaviours and managing misbehaviour Part 1	In group	2.5 hours
Week 4	Session 4 – Managing misbehaviour Part 2	In group	2.5 hours
Week 5	Session 5 – Planning ahead	In group	2.5 hours
Week 6	Session 6 – Using the strategies at home	At home	20 minute phone call
Week 7	Session 7 – Using the strategies at home	At home	20 minute phone call
Week 8	Session 8– Using the strategies at home	At home	20 minute phone call
Week 9	Session 9 – Recap & Programme close	In group	2.5 hours

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