



# Preparing for Life

PARENTING

## Triple P Calendar January -April 2021



### What is Triple P?

Triple P is a 'Positive Parenting Programme' which means it helps your family life to be much more enjoyable. It is a programme that has been researched all over the world & proven to work. It gives you some ideas on how to parent, you choose the strategies you need & the way you want to use them. It is all about making Triple P work for you. The courses are FREE and are available to parents/caregivers who live in the Northside Partnership Catchment Area (Dublin 3,5,13 and 17).

### Triple P Helps You To:

- 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:

Click on the link below to register. This will bring you to a short form which will only take about three minutes to complete. We will then be in touch to follow up to book you into a workshop that suits you.

<https://www.preparingforlife.ie/join-programme/>

**\*All workshops and groups must be pre-booked**

**\*Schedule is subject to change**

Throughout the workshops you will have the chance to listen and share your parenting experiences with other parents, pick up tips and plan on how to make your family life more enjoyable. If parents have any concerns around attending or participating in the workshops please talk to your local co-ordinator.

Triple P Interim Co-ordinator: Linda Pickett – 087 1432889

Triple P Support: Andrea Plunkett – 087 2293499

[www.preparingforlife.ie](http://www.preparingforlife.ie)



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**January 2021  
Workshops/Groups**



DATE	TIME	VENUE	TOPIC
Tuesday 12th January - 9th March 2021	6pm-8.30pm	Zoom	Stepping Stones Group (9 weeks)
Wednesday 13th January 2021	6pm-7.30pm	Zoom	Seminar: Power Of Positive Parenting
Tuesday 19th January 2021	9.30am-11am	Zoom	Seminar: Raising confident Competent Children
Wednesday 20th January - 10th March 2021	9.30am-11.30am	Zoom	Group Triple P (8 weeks)
Wednesday 27th January 2021	6pm-7.30pm	Zoom	Seminar: Raising Resilient Children

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For more information Email: [triplep@nspartnership.ie](mailto:triplep@nspartnership.ie)

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**February 2021  
Workshops**

DATE	TIME	VENUE	TOPIC
Wednesday 3 <sup>rd</sup> Feb 2021	6pm-8.00pm	Zoom	Discussion Group: Dealing with Disobedience
Tuesday 23 <sup>rd</sup> Feb 2021	9.30am-11.30am	Zoom	Discussion Group: Managing Fighting and Aggression

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**March 2021**  
**Workshops**



DATE	TIME	VENUE	TOPIC
Wednesday 3rd March 2021	9.30am-11am	Zoom	Seminar: Power of Positive Parenting
Wednesday 10th March 2021	5.30pm-7pm	Zoom	Seminar: Raising Confidence Competent Children
Tuesday 16th March 2021	9.30am-11.30am	Zoom	Discussion Group: Developing Good Bedtime Routines
Wednesday 24th March 2021	9.30am-11.00am	Zoom	Seminar: Raising resilience Children

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April 2021  
Workshops / Groups



DATE	TIME	VENUE	TOPIC
Tuesday 13th April 2021	9.30am-11.30am	Zoom	Discussion Group: Developing Good Bedtime Routines
Wednesday 14th April - 9th June 2021	9.30am-12.30pm	Zoom	Stepping Stones Group (9weeks)
Wednesday 21st April - 9th June 2021	6pm-8pm	Zoom	Group Triple P (8 Weeks)
Wednesday 20th April 2021	9.30am-11.30am	Zoom	Discussion Group: Managing Fighting and Aggression
Tuesday 27th April 2021	6pm-7.30pm	Zoom	Seminar: Power Of Positive Parenting

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