

TEEN TRIPLE P ONLINE

# Help your teenagers cope with challenges

## BE A POSITIVE PARENT IN UNCERTAIN TIMES: EXTRA MODULE NOW INCLUDED

### Support your teenager's emotional wellbeing (and improve yours, too!)

We all face challenges sometimes – and recent events have added a little extra stress into family life. But positive parenting skills and strategies can make a huge difference to your teenager's development and wellbeing. And that can have a far-reaching impact on their life, and yours.

### Why Triple P works

The Triple P – Positive Parenting Program® can help you be a happier, less stressed parent, even during difficult times. It gives you ways to navigate family life more easily. Backed by hundreds of trials and studies, it's like the instruction manual your teenager didn't come with – and it'll help you encourage them to develop the kind of social, emotional and academic skills they need to succeed in life. That includes coping with, and bouncing back from, stress and uncertainty.

### Teen Triple P Online helps you set your own parenting goals, learning step-by-step whenever you like. It'll help you:

- Communicate better
- Build a stronger relationship
- Agree on rules
- Deal calmly with conflict
- Navigate emotional ups and downs
- Equip your teen to handle life's challenges

## GET STARTED WITH TRIPLE P ONLINE TODAY!

All you need to do is complete our form at

[www.youthworksnorthamptonshire.org.uk/triple-p-online-referral](http://www.youthworksnorthamptonshire.org.uk/triple-p-online-referral)

We are on hand to help if you get stuck or want to learn more about the course.

You can email us at: [TripleP@youthworksnorthamptonshire.org.uk](mailto:TripleP@youthworksnorthamptonshire.org.uk)

Or you can call us on: 01536 518339