



Psychology of Parenting Programme (PoPP)

The PoPP programme is designed to support East Renfrewshire parents who are beginning to think they would like a little help with their child's behaviour.

If your child is aged between 3 and 6 years of age and you are finding it increasingly tricky to manage their behaviour, PoPP could be just what you are looking for.

Topics include looking after yourself as a parent, building strong relationships for each parent and child, trying out different behaviour techniques and special ways of dealing with more difficult behaviour through play.

Triple P runs for 8 weeks



Incredible Years runs for 14 weeks

Below are some comments from parent's who have attended previous PoPP groups:

"Become more confident in dealing with my child's behaviour in knowing what to do"

"Am tending to be a bit more patient and not always over-reacting."

"Less stressed and more confident as a parent."

"Much calmer parent. Feel prepared for future issues that may come up."

"Group support has helped enormously – it's nice to know sometimes that you're not the only fish in the sea!"

For further information visit:
<https://vimeo.com/125233428>
or
<https://vimeo.com/125233429>