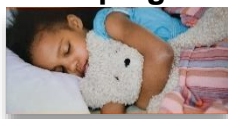




Takes the guesswork out of parenting

Triple P Discussion groups are where we meet parents to target a specific problem behaviour in a child. Each session brings together parents online, who are experiencing the same parenting issue. **You will receive a Free booklet and TEAMS Link prior to the session.**

Developing Good Bedtime Routines: **Tuesday 14th November 9:30-11:30am**



This topic explores different problems parents commonly face at bedtime and some of the reasons why they happen and strategies to solve them.

Hassle free mealtimes: **Tuesday 21st November 9:30-11:30am**



This topic looks at common mealtime issues and why children misbehave at mealtimes, giving suggestions on how to avoid these hassles and problems.

Dealing with disobedience: **Tuesday 28th November 9:30-11:30am**



This topic provides examples of common forms of disobedience and some reasons why children have difficulty learning to follow instruction and helping children develop listening skills.

Managing fighting and aggression: **Tuesday 5th December 9:30-11:30am**



This topic covers the skills that children need to be able to cooperate and get along with others as well as developing problem solving strategies.

Hassle-free shopping with children: **Tuesday 12th December 9:30-11:30**



This topic uses shopping trips as an example of one of the most common times parents have to deal with difficult behaviour in public.

**For more information and to book a place.
Please contact at least the week before the session:**

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For the Triple P website