

**Preparing for Life run series of Triple P – positive parenting sessions in collaboration with other community services.**

For parents it means less stress, more confidence and better relationships within the family.  
For children it means more co-operations, better behaviour and the best start in life.

We are offering different levels of parenting sessions which are open to all parents living in the **Northside Partnership catchment area**:

**Seminars:** Stand-alone - 90 minute sessions covering topics such as

- ***The power of positive parenting***
- ***Raising confident competent children***
- ***Raising resilient children***

\*Pre-booking is required for these.

**Discussion Groups:** Stand-alone - 2 hour workshops with more specific information such as

- ***Developing good bedtime routines***
- ***Dealing with disobedience***
- ***Managing fighting and aggression***
- ***Hassle free shopping***

\*Pre-booking is required for these.

**TP Group:** A broad focused weekly group course which runs over 8 weeks (5 weeks in group & 3 weeks phone calls). The group programme must be pre-booked and is for parents interested in more ***intensive training in positive parenting skills***. Pre-booking is required for this course.

**TP Group Stepping Stones:** A broad focused weekly group course which runs over 9 weeks (6 weeks in group & 3 weeks phone calls). . The group programme must be pre-booked and is for parents interested in more ***intensive training in positive parenting skills specific for children with additional needs***. Pre-booking is required for this course.



**For more information, please contact Eva Mills or Linda Pickett - Preparing for Life, The Bell Building, Darndale Village Centre, Dublin 17.**

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