

## BRILLIANT PARENTS – May 2024

### Parent Support Programmes for the London Borough of Brent, Harrow & Hammersmith and Fulham

| S/N | PROGRAMME TITLE                     | WHO IS IT FOR                             | DELIVERY DATE                     | BOROUGH/TIME                   | LOCATION |
|-----|-------------------------------------|---|-----------------------------------|--------------------------------|----------|
| 1.  | Coping with Teenagers' Emotions     | Parents/Carers with Teens (11+)           | Friday 10 <sup>th</sup> May 2024  | Brent/H&F/Harrow<br>10-12noon  | Zoom     |
| 2.  | Managing Fighting & Aggression      | <b>Parents/Carers with 0–11-year-olds</b> | Monday 13 <sup>th</sup> May 2024  | Brent/H&F/Harrow<br>10-12noon  | Zoom     |
| 3.  | Dealing with Disobedience           | <b>Parents/Carers with 0–11-year-olds</b> | Monday 13 <sup>th</sup> May 2024  | Brent/H&F/Harrow<br>6-8pm      | Zoom     |
| 4.  | Building Teenagers' Survival Skills | Parents/Carers with Teens (11+)           | Tuesday 14 <sup>th</sup> May 2024 | Brent/H&F/Harrow<br>10-12 noon | Zoom     |
| 5.  | Developing Good Bedtime Routines    | <b>Parents/Carers with 0–10-year-olds</b> | Friday 17 <sup>th</sup> May 2024  | Brent/H&F/Harrow<br>10-12 noon | Zoom     |
| 6.  | Hassle Free Shopping with Children  | <b>Parents/Carers with 0–10-year-olds</b> | Monday 20 <sup>th</sup> May 2024  | Brent/H&F/Harrow<br>10-12 noon | Zoom     |
| 7.  | Reducing Family Conflict            | Parents/Carers with Teens (11+)           | Tuesday 21 <sup>st</sup> May 2024 | Brent/H&F/Harrow<br>10-12noon  | Zoom     |
| 8.  | Getting Teenagers to Cooperate      | Parents/Carers with Teens (11+)           | Friday 24 <sup>th</sup> May 2024  | Brent/H&F/Harrow<br>10-12 noon | Zoom     |

To register for **any or all** the Discussion Groups, kindly complete and submit **both** the registration form and parenting experience survey at these links:

<https://www.brilliantparents.org/brilliant-parents-bl-registration-form/>

<https://www.brilliantparents.org/triple-p-parenting-experience-survey/>



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# Teen Triple P Discussion Group

**Building Teenagers' Survival Skills**



**Triple P Discussion Group – Building Teenagers' Survival Skills**  
Tuesday 14<sup>th</sup> May 2024  
10 am-12 noon  
Delivered via zoom

## IS THIS YOU?

You are doing a pretty good job at raising your teenager, but sometimes you struggle with knowing how best to help your teenager cope with the challenges of peer pressure.

Do you know that it is always difficult for parents, as teenage children begin to spend increasing amounts of time away from home and are influenced by friends to do things that might put their health or wellbeing in danger?

Parents can help prepare their teenager to cope with some of the challenges they may meet by helping them first recognise and manage situations where the risks are smaller. In this way you can teach your teenager to plan for situations that they might otherwise struggle to cope with.

This Triple P (Positive Parenting Programme) small group workshop will look at some of the reasons why teenagers can get into trouble and gives some practical suggestions to help you teach your teenager how to anticipate and manage problem situations. It also provides a step-by-step guide on how to discuss this with your teenager in a positive and supportive way.

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# Teen Triple P Discussion Group

**Coping with teenagers' emotions**



**Triple P Discussion Group – Coping with Teenagers' Emotions**  
**Friday, 10<sup>th</sup> May 2024**  
**10am -12noon**  
**Delivered via zoom**

## IS THIS YOU?

You are doing a pretty good job at raising your teenager, but sometimes you struggle with knowing how to manage your teenager's emotions. This can be particularly challenging when you too find it hard to remain calm.

Do you know that the most important thing is for teenagers to learn how to calm themselves when they get upset about something?

Parents can help by acknowledging the emotional experience and providing appropriate support without being intrusive. Learning to manage emotions is an important life skill that parents can teach their teenagers by following some simple steps.

This Triple P (Positive Parenting Programme) small group workshop will look at some of the reasons why teenagers can become emotional and gives some practical suggestions to both help you teach your teenager how to manage their emotions and manage any problems if you need to.

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## Triple P Discussion Group Dealing with Disobedience



Triple P Discussion Group – Dealing with Disobedience  
Monday 13<sup>th</sup> May 2024  
6-8pm  
Delivered via zoom

### IS THIS YOU?

Most of the time, parenting is fun. You know you are doing a good job, but sometimes you struggle when your child doesn't do as they are told.

Do you know that it's natural for children to test their limits, but they also need to learn to follow instructions? You can teach your child to cooperate and do the right thing. You also need a plan for dealing with disobedience if it happens, so you can follow through and make sure children do what they've been asked to do.

This Triple P (Positive Parenting Programme) workshop will look at some of the reasons why children may not

do as they are told and will give you some practical suggestions to help you prevent disobedience, teach your child limits and manage any problems if you need to.

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# Triple P Discussion Group

**Developing Good Bedtime Routines**



**Triple P Discussion Group – Developing Good Bedtime Routines**  
**Friday 17<sup>th</sup> May 2024**  
**10 am- 12 noon**  
**Delivered via zoom**

## IS THIS YOU?

Most of the time, parenting is fun. You know you are doing a good job, but sometimes it takes a lot of effort getting your child to bed at night and the whole family are exhausted.

Do you know that some children fall into a deep and long sleep the moment their head hits the pillow, while for others, bedtime is a nightly struggle?

Parents can help their children develop good sleep habits. A few small changes can make a big difference, so everyone in the family gets the sleep they need.

This Triple P (Positive Parenting Programme) workshop will look at some common bedtime problems and why they happen and will give you some practical suggestions to help you prevent problems, develop a good bedtime routine and manage any problems that happen at bedtime or during the night.

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# Teen Triple P Discussion Group

## Getting Teenagers to Cooperate



**Triple P Discussion Group – Getting Teenagers to Cooperate**  
**Friday 24<sup>th</sup> May 2024**  
**10 am- 12 noon**  
**Delivered via zoom**

## IS THIS YOU?

You are doing a pretty good job at raising your teenager, but sometimes you struggle with knowing how to encourage him/her to cooperate. This can be particularly challenging when you are not sure when to respect a teenager's growing independence and when to insist that they do as you ask.

Do you know that it is natural for them to test the limits?

They also need to learn to follow reasonable requests and learning to cooperate with others is an important life skill that parents can teach their teenagers by having clear limits and setting a good example.

This Triple P (Positive Parenting Programme) small group workshop will look at some of the reasons why teenagers can be uncooperative and give you some practical suggestions to both help you teach your teenager to cooperate with your requests and manage any problems if you need to.

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# Triple P Discussion Group

**Hassle-free Shopping with Children**



**Triple P Discussion Group – Hassle Free Shopping with Children**  
**Monday 20<sup>th</sup> May 2024**  
**10am-12noon**  
**Delivered via zoom**

## IS THIS YOU?

Most of the time, parenting is fun. You know you are doing a good job, but sometimes you struggle with your child's behaviour when out shopping.

Do you know that one of the most difficult times for parents is when their children misbehave in public – those times when either children won't do as they are told or really lose their cool?

Parents often have to deal with difficulties like these when they are out shopping. You'll be happy to hear you can make shopping fun and you can teach your child to behave well on shopping trips.

This Triple P (Positive Parenting Programme) workshop will look at some of the reasons why children misbehave on shopping trips and will give you some practical suggestions to help you avoid those hassles and manage any problems that happen while you are out shopping.

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# Triple P Discussion Group

## Managing Fighting and Aggression



**Triple P Discussion Group – Managing Fighting & Aggression**  
**Monday 13<sup>th</sup> May 2024**  
**10am-12noon**  
**Delivered via Zoom**

### IS THIS YOU?

Most of the time, parenting is fun. You know you are doing a good job, but sometimes you struggle with what to do when your child argues or fights and becomes aggressive.

Do you know that the most important thing is for children to learn how to get along with others and to deal with disagreements and frustrations?

This is something parents can teach them, by having clear limits and setting a good example.

This Triple P (Positive Parenting Programme) workshop will look at some of the reasons why children fight and

give you some practical suggestions to help you prevent problems, by showing you both how to teach your child to play cooperatively, resolve conflicts and how to manage any problems with fighting or aggression if you need to.

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# Teen Triple P Discussion Group

**Reducing Family Conflict**



**Triple P Discussion Group – Reducing Family Conflict**  
**Tuesday 21<sup>st</sup> May 2024**  
**10am -12noon**  
**Delivered via zoom**

## IS THIS YOU?

You are doing a pretty good job at raising your teenager, but sometimes you struggle with knowing how best to cope with conflict between siblings and amongst family members, as children move into the teenage years.

Do you know that conflict between siblings and among family members, increases as children move into the teenage years?

It can be quite a challenge to know when to intervene in an argument or how to remain calm when you become involved. Teenagers need to learn good problem-solving skills to help them deal with disagreements without become aggressive.

This Triple P (Positive Parenting Programme) small group workshop will look at some of the reasons why teenagers can get into fights and arguments and gives some practical suggestions to both help you teach your teenager to solve problems peaceably and manage any problems if you need to.

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