



For more information about support for parents and carers visit [Parenting Support and Resources | Northampton Children's Trust](#) or use the QR code



Parenting Programmes delivered by Northamptonshire Children's Trust

Navigating the challenges of parenting can be tough but you don't have to do it alone! Positive Parenting courses are here to help you build a positive, respectful relationship with your child while effectively managing those tricky moments.

- Learn ways to manage tough behaviours
- Improve communication and reduce conflict
- Support your child's emotional well-being
- Boost your confidence in parenting!

Our courses give you practical tools to guide your child towards behaviours you want to see all while strengthening your bond. Find out more about our programmes and book on using the link below!

[Northamptonshire Children's Trust Events -Positive Parenting Programmes | Eventbrite](#)

Three different programmes available.



POSITIVE PARENTING PROGRAMMES



Teenagers



- Resolve conflict effectively
- Understand your child's behaviour
- Become a confident parent
- Help your child stay safe

Teenagers

Navigating the teenage years can be challenging, but you don't have to do it alone! Positive Parenting course for Teens is here to help you build a positive, respectful relationship with your teen while effectively managing those tricky moments.

- Learn ways for handling tough teen behaviours
- Improve communication and reduce conflict
- Support your teen's emotional well-being
- Boost your confidence in parenting through the teen years!

The course gives you practical tools to guide your teen towards independence, responsibility, and positive choices – all while strengthening your bond.

For more information about support for parents and carers visit [nctrust.co.uk - support for children and families -parenting support and resources](https://nctrust.co.uk-support-for-children-and-families-parenting-support-and-resources) or use the QR code



POSITIVE PARENTING PROGRAMMES



Children with additional needs

0 to 12 Years



- Adapt to caring for a disabled child
- Take care of yourself as a parent
- Develop a safe, interesting and positive learning environment

Children with additional needs 0-12 yrs

Parenting a child with additional needs can be both rewarding and challenging, but the support is here for you! The Triple P Parenting for Children with Additional Needs course offers practical strategies and support to help you create a positive, nurturing environment for your child to thrive.

For parents of children with additional needs (0-16 years)

- Learn tailored ways to manage challenging behaviours
- Improve communication and understanding with your child
- Build strong, supportive connections
- Boost your confidence in meeting your child's unique needs

Whether it's navigating sensory challenges, emotional support, or everyday routines, Positive Parenting gives you the tools to empower both you and your child. Together, we can help your child grow, learn, and flourish.

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POSITIVE PARENTING PROGRAMMES

Building strong and positive connections between parents and children



Triple P 0-12 years

Group Triple P is a positive parenting programme for parents and carers of children up to the age of 12

This course shows parents and carers how the key principles of positive parenting can help their families. It helps build positive behaviour in children and confidence in parents/carers abilities. It does this by suggesting ways and ideas to support parents/carers to build a positive relationship with their child. It helps parents to learn how to respond in a consistent way and how to ensure that they take care of themselves as parents.

Group Triple P can help you:

- Encourage behaviour you like
- Deal with unwanted behaviour
- Become confident as a parent
- Be realistic about parenting
- Take care of yourself

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