

# Parenting doesn't come with an instruction manual. Well, until now!

Triple P parenting courses help you understand the way your family works, and uses the things you already think, feel, say and do in new ways that nurture relationships, parenting skills and confidence, as well as support your well being.

## Triple P parenting courses help you to:

- Create a stable, supportive, harmonious family environment
- Teach your child the skills they need to get along with others
- Deal positively, consistently and decisively with problem behaviour, should it arise
- Encourage behaviour you like
- Develop realistic expectations of your child and yourself
- Take care of yourself as a parent

For information on the Positive Parenting Programmes please contact **Sheffield Information Link** who will direct you to your local **Multi Agency Support Team**.

- **Tel: 0114 275 6699**
- **[www.sheffinfoolink.org.uk](http://www.sheffinfoolink.org.uk)**



**Sheffield** *where everyone matters*