



## TRIPLE P FOR BABY

### WHAT IS TRIPLE P FOR BABY?

Triple P for Baby aims to prepare parents for a positive transition to parenthood and the first year with baby, promoting sensitive and responsive care in the perinatal period. Parents actively participate in a range of exercises to learn strategies to develop a positive relationship with their baby, promote their baby's development and help teach their baby new skills and behaviors.

The program can be delivered as a group or individually. The first four group sessions are delivered with up to 10 parents, followed by four individual consultations to assist parents with independent problem solving while practising the skills at home. The program can also be delivered one-to-one with all eight sessions delivered individually. The four initial sessions can be delivered prenatally with the individual consultations delivered postnatally, or the entire program can be delivered postnatally.

### WHO IS IT FOR?

Parents at the transition to parenthood or with a baby up to 12 months of age. Parents need to be able to commit to all eight sessions.

### WHAT IS COVERED IN SESSIONS WITH PARENTS?

#### **Seminar 1: Positive parenting**

Provides parents with an introduction to positive parenting as an approach to raising infants, things that have an impact on early child development, and specific parenting strategies for developing a positive relationship with their baby.

#### **Session 2: Responding to your baby**

The practitioner introduces a number of strategies that can help parents teach their new baby skills and behaviours, several ways of responding to their baby and information about babies' crying and sleep.

#### **Session 3: Survival skills**

The practitioner introduces changes new parents may experience and some of the early parenting traps, and a variety of coping strategies to manage emotions (e.g. stress, anxiety, sadness).

#### **Session 4: Partner support**

Provides parents with information on common relationship changes new parents may experience and some partner traps. The importance of communication and ideas for maintaining relationship happiness are also introduced.

#### **Session 5-7: Implementing parenting routines**

During the individual sessions, the practitioner supports parents to continue implementing the strategies, and independently set goals and homework tasks. Telephone calls or Face to Face at home/ in Clinic or

#### **Session 8: Program close**

During the individual session, parents review progress, look at ways to maintain changes, and plan for the future.

### WHAT RESOURCES DO PARENTS RECEIVE?

Each family receives a copy of Every Parent's Family Workbook. This workbook provides them with the content of all sessions, space to complete

#### **Fees:**

- Online: £900.00
- In Person: £1220.00

#### **Instalment Plans Available.**

Attend online or in-person with one of our accredited Practitioners at a time flexible to your needs.

