



## Takes the guesswork out of parenting

Triple P Discussion groups are where we meet parents to target a specific problem behaviour in a child. Each session brings together parents online, who are experiencing the same parenting issue. **You will receive a Free booklet and TEAMS Link prior to the session.**

### Developing Good Bedtime Routines: **Tuesday 14<sup>th</sup> November 9:30-11:30am**



This topic explores different problems parents commonly face at bedtime and some of the reasons why they happen and strategies to solve them.

### Hassle free mealtimes: **Tuesday 21<sup>st</sup> November 9:30-11:30am**



This topic looks at common mealtime issues and why children misbehave at mealtimes, giving suggestions on how to avoid these hassles and problems.

### Dealing with disobedience: **Tuesday 28<sup>th</sup> November 9:30-11:30am**



This topic provides examples of common forms of disobedience and some reasons why children have difficulty learning to follow instruction and helping children develop listening skills.

### Managing fighting and aggression: **Tuesday 5<sup>th</sup> December 9:30-11:30am**



This topic covers the skills that children need to be able to cooperate and get along with others as well as developing problem solving strategies.

### Hassle-free shopping with children: **Tuesday 12<sup>th</sup> December 9:30-11:30**



This topic uses shopping trips as an example of one of the most common times parents have to deal with difficult behaviour in public.

**For more information and to book a place.  
Please contact at least the week before the session:**

**Denise Sneddon:** ISS-Parenting-Mobile: **07881676320**

Email: [denise.sneddon@westlothian.gov.uk](mailto:denise.sneddon@westlothian.gov.uk)

**Gail Anderson:** ISS-Parenting-Mobile: **07766 496591**

Email: [gail.anderson@westlothian.gov.uk](mailto:gail.anderson@westlothian.gov.uk)



For the Triple P website