



Triple P Course to support parents with challenging 5 to 10yr olds

Struggling with your child's behaviour? If so you're not alone. Parenting is one of the hardest jobs there is – and yet the one we often receive the least preparation for. If you're feeling overwhelmed, worried, or simply want new strategies to build a calmer and happier home, this course could be for you.

With weekly group and one-to-one sessions in this practical, supportive course can help if:

- Your child argues with adults or their peers
- They refuse to accept rules or follow requests
- They seem touchy, irritable, or easily annoyed
- They blame others for their mistakes or behaviour
- You feel like you spend more time telling them off than having fun
- You're feeling worried, stressed, or wondering if things will ever get easier

Triple P gives you tools, confidence, and ideas you can use straight away.

Spaces are limited. For more information or to register your interest call Jane on 07917 550282 or email parenting.inbox@wokingham.gov.uk

Course Details

Date:

Wednesdays 30th Sept– 25th Nov 2026
(No session on 28th Oct – half-term break)

Time:

7.00pm – 9.00pm

Venue:

Delivered virtually on Microsoft Teams

**Build stronger relationships. Boost confidence.
Bring calm back into family life.**



**WOKINGHAM
BOROUGH COUNCIL**