



TOP CLASS PARENTING

For the past three years, Newham Council has been running the Triple P (Positive Parenting Programme). For parents of kids aged from two to 16, this free scheme helps mums and dads be the best parent they can be as they support their young ones on their journey to adulthood.

All parents struggle from time to time with the challenges of bringing up their children. Triple P is not about telling mums and dads how to bring up their children. Instead it focuses on giving parents the space and strategies that will encourage their children to develop the important skills they need for life.

More dads than ever are becoming involved with the programme and there's no doubt how important a role fathers play in their children's lives. Just how much they matter is supported by a growing body of research. This shows that being a good dad helps children achieve better relationships with their friends and have higher self-esteem.

The *Newham Mag* caught up with two recent dad graduates from the programme to find out how it benefited them and their children.

JAVED RIAZ'S STORY

"I learnt the hard way when I had my first born. We were sending him mixed messages; mum would be saying something different to me and he was getting confused and misbehaving. I didn't realise this was happening.

"My eldest also lacked confidence so he needed someone to spend quality time with him and do things together. The idea was to get him into activities where he was stimulated and could grow in confidence.

"My Triple P course was held at Gainsborough Primary School every Monday for a couple of months. We'd do role play and get into pairs, talk about how we'd set the rules and deal with things in different scenarios, as well as watch DVDs. Talking to other people in the group also gave me ideas.

"This year has been a change for me. My children are now much calmer and better behaved and my son's definitely grown in confidence. It has worked."



GAIUS LEWIS' STORY

"My partner went on Triple P before me and she told me when she'd finished: 'You are attending this course!'

"My main concern was my daughter who didn't have much patience especially when it came to her homework. She would cry and she didn't want to read or learn her letters so I needed to be very patient and spend more time with her.

"I went to group sessions at Essex Primary School. It's really good and it helped me in all areas of positive parenting such as patience when dealing with my children, coming down to eye level to talk to them and listening attentively.

"You get to talk to the other parents in the group and correspond with them about how things are going. If you have any problems along the way, you can find out how the other parents tackled them. It's a real support network.

"You also get a work book. I occasionally flip through it if I'm stuck somewhere in a particular situation with my daughter; there's always something in there.

"My daughter's much more engaged with school now, before she would cry but now she's really keen to know more and more.

"I've already recommended the scheme to two other parents and would encourage all mums and dads to go."

The Triple P programme is free and runs in schools, children's centres and libraries across Newham, for mums and dads of two to 16-year-olds.

To find out more and join the scheme call 020 3373 9886 or email triplep@newham.gov.uk

You can also get help at home from a range of Triple P DVDs and workbooks available from all Newham libraries. Turn to page 36 for full library listings.