

## Free online parenting courses

Dudley LA are offering free parenting courses for any parents who wish to seek advice on how to better manage and support their children or perhaps just wish to be sure what they are doing is following the best advice and practice.

Details below for both primary age course, as we know lots of our families have younger siblings and the teenage offer which may be of real interest to many parents, especially if lockdown has provided additional challenges.

The Triple P parenting programmes are available to all and you simply need to register following the link and subsequent questions.

**Triple P Online (2-16 years)** – Triple P Online is a universal programme, parents can access it on their mobile, laptop, tablet or computer in their own time. Parents go to [www.dudleyparents.co.uk](http://www.dudleyparents.co.uk) to register for a FREE online code

Discussion Groups are two-hour workshops on the following topics:

### **Teen Discussion Groups 11–16 years:**

- Reducing Family Conflict
- Getting teenagers to cooperate
- Coping with teenagers' emotions
- Building teenagers' survival skills
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### **Discussion Groups 0-10 years:**

- Fighting & Aggression
- Bedtime routines
- Hassle-free shopping
- Dealing with disobedience