

Family Transitions

Triple P Family Transitions Programme for separated parents experiencing conflict in their relationship.

Triple P

Triple P programmes are helping parents resolve conflict, in turn improving their children's lives and easing pressure on the system

Course Content

What is covered in sessions with parents?

- **Session 1: Divorce - a family transition**
During this session, parents learn about parent traps during separation and divorce, how to talk to their children about separation and divorce, and how to help children manage their emotions.
- **Session 2: Coping with emotions**
Parents learn to identify unhelpful emotions (e.g. stress, anxiety, anger) and the link between these unhelpful emotions and parenting. Coping skills and relaxation strategies will also be discussed during this session.
- **Session 3: Coping with emotions**
This session teaches parents how thoughts influence emotions and how they can challenge those automatic unhelpful thoughts. They will also learn coping strategies and how to take care of themselves.
- **Session 4: Managing conflict During this session**
The practitioner introduces parents to a model of conflict and explains different conflict response styles. Parents will learn assertive communication skills, how to hold a child-related discussion with their former partner, problem solving techniques, and develop a parenting plan.
- **Session 5: Balancing work, family and play**
During this session, the practitioner discusses developing a new family identity, social support, and new romantic relationships.

What is Family Transitions Triple P?

- Family Transitions Triple P is designed for parents who are experiencing personal distress from separation or divorce, which is impacting on or complicating their parenting. During five sessions, Family Transitions Triple P assists parents who need extra support to adjust and manage the transition of separation or divorce. It focuses on skills to resolve conflicts with former partner(s) and how to cope positively with stress.

Who is it for?

- Parents who benefit from this programme are those who have been or are going through separation and divorce where there are unresolved conflicts and difficulties communicating effectively with former partner(s). Parents may be concerned that the separation or divorce is upsetting their children or they may want to learn ways to talk

to their children about it and teach them ways to cope. Parents who do this course usually have concurrent concerns about their child's behaviour.

How is it delivered?

- Family Transitions Triple P is delivered in 5 sessions of 2 hours' duration each by 1 practitioner, to groups. Each parent would attend a separate programme, and whilst it is beneficial that both parents attend a programme, it is still beneficial if only one parent attends.

What happens during the intervention?

- Family Transitions Triple P focuses on skills to resolve conflicts with former partners and how to cope positively with stress. Learning is supported through role play exercises, homework exercises and group discussions involving video-taped examples of effective parenting strategies.

Who delivers the course?

- The practitioner who delivers this programme is a Triple P practitioner, who can come from a range of professions (e.g. family support worker) who have completed the Triple P accredited training programme.

How does it work?

- (Theory of Change) Family Transitions Triple P is based on the idea that parents often unintentionally perpetuate unwanted child behaviour through ineffective parenting strategies, and that the risk of demonstrating such parenting is increased when parents experience adjustment problems such as divorce.
- Family Transitions Triple P helps parents replace ineffective parenting strategies with effective methods for encouraging positive child behaviour, it helps parents to improve their personal coping skills and reduce stress, as well as improve co-parenting. In the short term, parents learn more effective strategies for managing their child's behaviour. In the longer term, parents demonstrate improved mental health and couple relations, and children should have greater self-regulator skills self-confidence and do better in school.

Separated parents who are experiencing conflict in their relationship but there is no domestic abuse

For families living in Wigan

Attendees must be on a early help or receive support from TYSS Attendance to the programme can't be an action from the action from a CP or CiN plan as parents need to voluntarily want to do it rather than being made to do it or it won't be beneficial for them.

Attendance to the programme can not be a condition of a case stepping down to Start Well from Social Care to complete the course.

The sessions do not replace Social Care direct work but can compliment the plan and reinforce learning/parenting

How to refer:

For further information please email familytransitions@wigan.gov.uk or scan the QR code.

