

How to get in touch and find out more



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Isle of Wight Family Centre Services

Family Transitions



Information for parents and carers

WHAT IS FAMILY TRANSITIONS TRIPLE P?

Family Transitions Triple P is a course delivered both online and in family Centres.

It 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 partners and how to cope positively with stress.



What is covered in the course?

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 (1)

During this session 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 (2)

This session teaches parents how thoughts influence emotions and how they can challenge those 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.