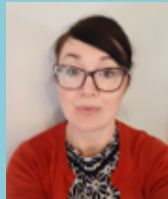


MEET THE TEAM

THE FEAR-LESS TRIPLE P WILL BE LED BY:
FAMILY PRACTITIONER
RACHEL



ASSISTANT EDUCATIONAL MENTAL HEALTH
PRACTITIONER
THOMPSON CHARUMA



FEAR-LESS TRIPLE P

POSITIVE PARENTING PROGRAMME

THE FEAR-LESS TRIPLE P –
POSITIVE PARENTING PROGRAM
IS AN EFFECTIVE EVIDENCE-
BASED PARENTING PROGRAM
DEVELOPED BY CLINICAL
PSYCHOLOGIST PROFESSOR
MATT SANDERS.

FEAR-LESS TRIPLE P IS FOR
PARENTS WHO WANT TO KNOW
MORE AND HAVE CONCERNS
ABOUT THEIR CHILD'S ANXIETY.



ABOUT FEAR- LESS

WHO CAN ACCESS?

IF YOU ARE A PARENT STRUGGLING TO
COPE WITH YOUR CHILD'S ANXIETY, THIS IS
THE PROGRAM FOR YOU. FEAR-LESS
TRIPLE P IS AVAILABLE TO PARENTS
WITHIN THE PRIMARY SCHOOLS (6–11
YEARS)



PROGRAMME OBJECTIVES

- FOR PARENTS/CARER TO LEARN HOW TO MANAGE THEIR CHILD'S ANXIETY.
- TO ENABLE PARENTS/CARERS TO SUPPORT THEIR CHILD TO BUILDING THEIR EMOTIONAL RESILIENCE.
- TO DEVELOP A TOOLBOX OF STRATEGIES TO EFFECTIVELY HELP THEIR CHILD'S ANXIETY.
- TO SUPPORT PARENTS AROUND HOW THEY RESPOND TO THEIR ANXIOUS CHILD BEHAVIOUR.