



The Children's Centre
Children, Young People and Families First

Event: "Triple P" Accreditation 29th – 31st March 2010

Photo: Taken by IoM Newspapers 31st March 2010

LAUNCH OF THE PARENTING NETWORK HANDBOOK

The Parenting Network is an interagency group made up from representatives from the Department of Education, Social Services, CAHMS, Alcohol Advisory Service, Health Service, The Children's Centre, Mother's Union and Care for the Family and was established in February 2009 through the Children's Service Partnership to undertake the following tasks:

- An audit of support that was available to parents on the island
- To improve the coordination of parental support
- To agree upon an island wide parental support approach that would complement and enhance existing structures

Following an audit of the available services, the Parenting Network researched how to approach improving parental support in the Isle of Man and following the research discovered the Triple P Positive Parenting Program. The Triple P programme targets the development periods of infancy, toddlerhood, pre-school, primary school and adolescence and incorporates five levels of intervention of increasing strength for the various individual requirements of parents. For example, Levels 1 & 2 are low level interventions using media articles and information leaflets to deliver general messages of parenting, whereas Levels 4 & 5 involve much more complex issues and intensive interventions with individual families.

During the past 12 months, 20 representatives from the participating agencies have undertaken the associated training programme to become practitioners of Triple P. These 20 practitioners are now trained to deliver 8 week parenting courses which are offered both during the day (crèche facilities available) and during the evening (no crèche facilities available). The courses will be run in various locations throughout the island and commence later this month. For further information about the parenting course please contact your local health visitor, school or The Children's Centre. The 20 practitioners received their accreditation in the final stage of the programme on 29th – 31st March 2010, which coincided with the launch of the Parenting Network Handbook at The Children's Centre, Woodbourne Road in Douglas.

The Parenting Network Handbook is a guide for all parents as to what support is available across the Isle of Man. The handbook details over 40 different initiatives for parents and is structured around the Triple P programme of the 5 level approach to parenting support and aims to give accessible and accurate information to professionals working with parents. At Levels 1 -3 the Handbook describes a range of additional support that can be made available to ensure that parenting is successful and that parents enjoy a happy and rewarding time with their children at



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home. Levels 4 & 5 in the handbook are specifically designed for parents struggling with the management of complex, extreme and challenging behaviour in their children. The aim of the Triple P Parenting approach is to create a stable, supportive, harmonious family environment, deal positively and consistently with problem behaviour when it arises, develop realistic expectations of children and take care of themselves as parents.

John McKenzie of the Children's Centre, Chair of the Parenting Network said, "This is a tremendous initiative which showcases and promotes the scope and range of support available to parents on the island and will contribute to a much greater level of co-working between government departments and voluntary agencies.

The Children's Centre is particularly pleased to be involved in this as it complements and supports our aim to be able to put Families First by delivering and improving our range of parenting programmes."

Anne Craine MHK, Minister for Education at the time of the launch stated that "Nothing can prepare you for becoming a parent so this thoughtful handbook is unbelievably helpful. It tells you where to seek advice and support without feeling silly about asking very simple questions. Those questions are too important not to ask because it may mean that the endless anxiety of a new parent can be solved by a simple phone call. There are many different agencies able to help, whatever the concern and at last we have a comprehensive handbook that can direct parents to the right source of answers. The Isle of Man Parenting Network representatives who have compiled this information are to be congratulated on the production of this Handbook. It is a very simple solution to solving some difficult questions, the biggest of which is usually "who do I ask?". I feel sure that The Parenting Handbook will certainly go a long way to meet the needs of parents and professionals needing to know where to turn to for the right answers."

The handbook has been distributed across all relevant Government Departments and members of the Network to be available to interested organisations and parents. To access a copy of the handbook either contact your local health visitor, school, MAT Team or The Children's Centre on 676076.

Ends

For further information please contact Lorna Trevethan on 01624 676076