

One minute guide

Triple P Family Transitions Online

What is Family Transitions Triple P Online?

Family Transitions Triple P Online is a funded programme designed to support you if you've recently separated, or if things still feel difficult between you and your child's other parent. It also gives you space to think about your own wellbeing, helping you understand and manage your emotions throughout the separation journey.

What is explored in the course?

The course is flexible and easy to follow, with short videos, reflective prompts and simple activities you can do at your own pace.

You'll strengthen your ability to:

- Stay focused on what your child needs most
- Communicate in ways that feel calmer and more constructive
- Work towards solutions, even when things feel challenging
- Create a sense of stability and emotional security for your child during a time of change

You'll also look at how ongoing conflict can affect children, and help you spot some common pitfalls like:

- Children getting caught in the middle of disagreements
- Asking children to take sides
- Speaking negatively about the other parent

These are things many parents experience, and this course gives you practical ways to manage them differently. It will help you feel more confident, supported, and able to move forward in a way that puts your child first.

What you can gain from the course:

Triple P Family transitions can support you during a time of change. It can help you communicate more calmly and confidently with the other parent and feel more connected to your child through the separation process.

When communication is more settled and consistent, children often feel safer, more understood, and more open to sharing their thoughts and feelings with both parents.

The course can also help you find ways to work together, so you can make decisions and create a plan that supports your child's wellbeing as you move forward.

How to access the course

If you live in North Yorkshire and meet the eligibility criteria, you can take part in this programme.

You can:

Refer yourself by completing the referral form and sending it directly to parenting@northyorks.gov.uk

You can also ask your child's school or Early Years setting to make a referral for you. If someone is referring you, they'll need to make sure all sections of the form are completed and that you have given your consent.

A few important things to know

- The course is for parents who are separated or going through a separation
- Each parent signs up separately, even if you're co-parenting
- The programme is not suitable if there has been domestic abuse

If you're working with professionals

If you're currently working with a Social Worker or Children and Families Worker, they may support you with your referral and ask you to complete a short questionnaire after the course.

Want to know more?

You can find more information about the course here:

<https://www.triplep-parenting.uk.net/uk/parenting-courses/family-transitions-triple-p-online/>

If you have any questions, feel free to get in touch:

parenting@northyorks.gov.uk