

One minute guide



Triple P Family Transitions Online

What is Family Transitions Triple P online?

Family Transitions Triple P Online is a **fully funded parenting programme** designed to support parents who have recently separated or who are experiencing ongoing conflict following separation.

The programme helps parents:

- Keep their child at the centre of decision-making
- Reduce parental conflict
- Work towards stability and emotional security for their child during a significant family change

It also places emphasis on **self-care**, helping parents to understand and manage their own emotions during the separation process.

Please note: This programme is **not suitable** for families where there has been domestic abuse.

What does the course cover?

The course includes a range of short videos, reflective questions and self-evaluation tools.

These resources support parents to maintain a child-focused approach, work collaboratively to resolve challenges and reflect on communication styles that may be unhelpful or harmful.

Parents are encouraged to consider the impact that ongoing conflict can have on a child's wellbeing and emotional development. The programme also explores common "*parent traps*", including blaming the other parent, placing children in situations where they feel caught between adults and peaking negatively about the child's other parent

What are the outcomes for the course?

The aim is to help parents strengthen their communication with one another and feel more connected to their children during the separation process. When parents can communicate calmly and consistently, children are more likely to feel heard, understood, and comfortable sharing their experiences with both parents.

Through this approach, parents may also find it easier to work together in creating a thoughtful plan for their children's wellbeing as they move forward after the separation.

How to refer?

All parents in North Yorkshire who meet the eligibility criteria can access the programme:

Parents, schools and Early Years settings can refer using the form below, please ensure all sections are completed and consent has been given for referrals (if not self-referring).

Important information for practitioners:

- Parents must be separated or separating
- There are no indicators of domestic abuse within this relationship. For further information on recognising the signs of domestic abuse, please visit: <https://www.northyorks.gov.uk/community-and-volunteering/community-safety/domestic-abuse>
- Each parent requires an individual referral.
- Where families are working with Social Workers and Children and Families Workers, they will be asked to complete the internal referral form and post- course questionnaire and return them to: parenting@northyorks.gov.uk .
- Progress can be monitored as parents move through the programme.
- For progress updates on parents you have signposted, please contact the Parenting Lead using the email below.

Further information

You can find out more information about the course at:

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

For further information or if you have further questions about the course please contact:

parenting@northyorks.gov.uk

or speak to Reducing Parental Conflict and Parenting Lead - Steph Campbell

stephanie.campbell@northyorks.gov.uk