

Free parenting courses at Dudley Borough Family Hubs

Triple P is a parenting programme, but it doesn't tell you how to be a parent. It's more like a toolbox of ideas. You and your family choose the ideas you need. You decide the way you want to use them. It's all about making Triple P work for you.

It aims to create supportive family environments, and to prevent, as well as treat, behavioural and emotional problems in children and teenagers.

Course name	Course length	Duration of each session	
Triple P for babies (For expecting parents or those with a baby up to one year old.) Positively nurture your baby's development and a close relationship right from the start - this baby parenting programme really works! You choose what works for you - adapt to suit your baby, your family, your values. Be confident about responding to your baby and meeting their needs, and having options if there are challenges (e.g. with crying or sleeping patterns) Learn how to manage your emotions and communicate more effectively with your partner about parenting. Got a question? Contact us on our Dudley Parents Website	6 sessions	2 hours	
	Location	Time	Book
	Stourbridge Family Hub 5 Forge Road, Stourbridge, West Midlands, DY8 1XF	<ul style="list-style-type: none"> • Thursday, 01 May • Thursday, 08 May • Thursday, 15 May • Thursday, 22 May • Thursday, 05 June • Thursday, 03 July Thursdays 10:30-12:30	Book now
	Coseley Family Hub Bayer Street, Coseley, Bilston, West Midlands, WV14 9DS	<ul style="list-style-type: none"> • Friday, 02 May • Friday, 09 May • Friday, 16 May • Friday, 23 May • Friday, 06 June • Friday, 04 July Fridays 10:00-12:00	Book now