

PARENTING SUPPORT GROUP

BECAUSE  
PARENTING  
DOESN'T COME  
WITH A MANUAL.



## PARENTING SUPPORT GROUP

WE'RE HERE TO HELP YOU IN PARENTING INFANTS AND CHILDREN

### DOES THIS SOUND FAMILIAR?

You enjoy parenting but you wish you knew how to deal with specific problem behavior. Maybe your child won't go to bed without a fight. Perhaps they have a meltdown or tantrum almost every time you shop. They may be constantly disobedient, or they bite, fight or hit.

**If your child fits any of these descriptions, our Parenting Support Group can help.**

### WHAT ARE TRIPLE P DISCUSSION GROUPS?

Parenting Support Groups are 2-hour, small group sessions that offer practical advice for tackling a specific problem behavior. Each session is lead by a trained Triple P provider and brings together parents who are experiencing the same parenting problem, and covers one of the four topics listed below.

- Dealing with disobedience
- Developing good bedtime routines
- Managing fighting and aggression
- Hassle-free shopping with children

You'll receive tips, watch a video, converse with other parents and receive a packet of information to review at home. You'll be surprised at how a few small changes can make big differences!

### WHO IS THIS FOR?

Parents of children from 0-12

### OUR SUPPORT GROUP CAN HELP YOU:

- Encourage behavior you like
- Deal with problem behavior
- Become confident as a parent
- Be realistic about parenting
- Take care of yourself



FOR MORE INFORMATION,  
CONTACT MCHS PREVENTION  
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