

## [My Family First - Family Transitions Triple P Group](#)

### [What is Family Transitions Triple P?](#)

Family Transitions Triple P is designed for parents who are experiencing personal distress from separation or divorce, which is impacting on or complicating their parenting. The 5 week programme is designed to assist those parents who need extra support to adjust and manage the transition of separation or divorce. It focuses on skills to resolve conflicts with former partners and how to cope positively with stress. In addition to running for 5 weeks, the course can also be delivered over one full day.

### [Who is it for?](#)

Parents who benefit from this program are those who have been or are going through separation and divorce where there are unresolved conflicts and difficulties communicating effectively with former partners. Parents may be concerned that the separation or divorce is upsetting their children or they may want to learn ways to talk to their children about it and teach them new ways to cope. Parents who do this course usually have concurrent concerns about their child's behaviour.

### [What is covered in the sessions with parents?](#)

**Session 1:** Divorce - a family transition. This session will look at what is a positive transition through divorce, help parents learn about parent traps during separation and divorce, how to talk to their children about separation and divorce, and how to help children manage their emotions.

**Session 2:** Coping with emotions (1) this session helps parents to identify unpleasant emotions (e.g. stress, anxiety, depression and anger) and the link between these unhelpful emotions and the impact these emotions can have on parenting. The session also looks at coping skills and relaxation strategies and techniques which will help parents with personal wellbeing.

**Session 3:** Coping with emotions (2) this session helps parents to identify negative thoughts and emotions and how they can challenge those automatic unhelpful thoughts with more realistic or helpful ones. Parents will also learn coping strategies to use in stressful situations and the importance of looking after themselves.

**Session 4:** Managing conflict. During this session, the parents will be introduced to a model of conflict and different conflict response styles. Parents will learn assertive communication skills, how to hold a child-related discussion with their former partner, problem solving techniques, and how to develop a parenting plan.

**Session 5:** Balancing work, family and play. This session will help parents explore building a new family identity, setting realistic expectations, effectively balancing everything, ensuring they have good social support, and developing new romantic relationships.