

# Help kids cope with challenges, and break free from anxiety

Proven, positive strategies to help every family

Now available in Leicester City

## WHY FEAR-LESS TRIPLE P ONLINE MAKES ALL THE DIFFERENCE

Some children become extra worried, and anxious feelings can start to affect their everyday life. They may often be upset and fearful, become withdrawn, or feel 'sick with worry'. But you can positively support your child to develop their own toolkit of coping skills. It'll bring you closer and help them manage anxiety and difficult emotions in healthy ways – now, and in the future.

- Understand more about anxiety (and how to reduce it).
- Know how to respond to your child when they're anxious.
- Help your child develop skills to cope with challenging situations and solve problems.
- Teach them a range of strategies based on proven principles.
- Raise happier, more capable kids who can meet life's challenges.
- Join a million+ parents and carers who've been helped by the Triple P – Positive Parenting Program®.

## Free support for your positive parenting journey

Practical steps you can take to help your child or teenager feel calmer and more capable. When you know how, you can help them be more emotionally resilient, and teach them new skills. Watch them gain confidence as they learn to tackle fears and situations they've been avoiding.

- Interactive, easy-to-use online programme includes videos, activities and a downloadable workbook.
- Each module only takes about an hour or less, and you can do just a few minutes at a time.
- Available anytime, at your place, at your pace!

Help give your child the life skills they need with Fear-Less Triple P Online – for parents/carers of children (6+) who are often anxious.

START YOUR FREE PROGRAMME IN LEICESTER CITY TODAY

## To find out more, please contact:



Email: [triplep@leicester.gov.uk](mailto:triplep@leicester.gov.uk)

Address: [triplep-parenting.uk.net/leicester-city](http://triplep-parenting.uk.net/leicester-city)

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