

Small changes, big differences.



Triple P for Baby – A positive start for babies and parents

Aims to prepare parents-to-be and parents with a baby up to 12 months old make a positive transition to parenthood. It promotes sensitive and responsive care before and after birth, up to baby's first birthday.

Delivered in groups, parents will learn ways to cope with frequent crying, set up good sleep habits, read baby's cues, look after themselves, adapt to changes in family life, and more.

Topics covered includes:

Session 1: Positive parenting

Session 2: Responding to your baby

Session 3: Survival skills

Session 4: Partner support

Sessions 5-7: Implementing parenting routines

Session 8: Ways to maintain changes

WHEN?

Mondays, 15 September - 17 November 2025 at 10am-12noon

Thursdays, 18 September – 13 November 2025 at 6pm-8pm;

Wednesdays, 8 October – 3 December 2025 at 12:30pm-2:30pm;

WHERE?

Mondays, Craig Park Youth & Family Hub, 2 Lawrence Road, N18 2HN

Thursdays, North Midx Hospital (Maternity Education Rm), Sterling Way, N18 1QX

Wednesdays, Ponders End Youth & Family Hub, 141 South Street, EN3 4PX

HOW TO BOOK ONLINE? [Triple P Baby Referral](#)

CONTACT INFORMATION: ParentingProgrammes@enfield.gov.uk

