

Parenting Programmes in Fife

Parenting Programme	Website	For parents with children aged	Duration
Incredible Years	www.incredibleyears.com	3-4	14-16 weeks
Triple P (Positive Parenting Programme)	www.triplep.net	3-4	8 weeks
Mellow Parenting – Mellow Bumps	www.mellowparenting.org	Mothers to be	6 weeks
Mellow Parenting – Mellow Babies	www.mellowparenting.org	Newborn – 18 months	14 weeks
PEEP (Parents Early Education Partnership)	www.peep.org.uk	4	17 weeks
7 Habits of Highly Effective Families	www.stephencovey.com		8-10 weeks
7 Habits of Highly Effective Teenagers	www.stephencovey.com	Teenagers	8-10 weeks
Seasons For Growth	www.seasonsforgrowth.co.uk	5-18	8 weeks