



Addison Primary School

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Head Teacher: Mr D Mc Garrigle

Parenting Support

2nd March 2026

Dear Parents/Carers,

The Confident Parent Happy Child service is for parents and carers of children aged 0-18 years living in the London Borough of Hammersmith and Fulham. The project offers a range of evidence-based parenting programmes, information, advice and support for parents and carers to build positive parenting skills and work towards achieving positive outcomes for their children.

The Confident Parent Happy Child service accepts referrals from parents/carers and professionals.

The service has places available for primary age children.

Triple P (0-12 years old)

Starts 25 Feb 2026, 1:00–3:00pm, Flora Gardens Children's Centre.

Focuses on routines, positive behaviour and emotional development. Arabic support available. <https://www.upg.org.uk/confident-parent-happy-child/>

The service has a new group online course which started this February – Group Teen Triple P – which helps to take the guesswork out of parenting teenagers.

Teen Triple P (11+)

Starts 25 Feb 2026, 5:30–7:30pm, online via Zoom.

A 5-week programme to support communication, emotional regulation and reduce conflict with teens. For more details please click on the link:

<https://www.upg.org.uk/wp-content/uploads/2026/01/Teen-Triple-P.jpg>

This support is available to families with children living or studying in Hammersmith and Fulham.

Yours sincerely

Mr. D Mc Garrigle

