



Stepping Stones Triple P



The Triple P – Positive Parenting Program® knows that all parents have different needs. That's why Triple P offers a number of specialist programmes tailored to suit parents with very specific needs or circumstances. Stepping Stones Triple P is one of them.

Who is this for?

- Parents of children with a disability (birth–12 years)

Stepping Stones

Triple P can help you

- Manage problem behaviour and developmental issues common in children with disabilities
- Encourage behaviour you like
- Cope with stress
- Develop a close relationship with your child
- Teach your child new skills

What is Stepping Stones Triple P?

Stepping Stones Triple P has been developed for parents of children with a developmental disability.

Because it's based on Triple P's proven parenting strategies, it gives you ways to deal with the kinds of childhood behaviour problems and issues that can make family life stressful.

Stepping Stones Triple P has been evaluated with real families and has been shown to work with children with intellectual and physical disabilities who have disruptive behaviour.

Group Stepping Stones is great if you are having significant problems with your child's behaviour or if you would simply like to learn parenting skills to help promote your child's development and potential.

You'll meet with a small group of parents who also have a child with a disability.

There'll be six sessions of around 2 hours each.

During the sessions you'll watch DVD excerpts of the parenting strategies being used in real family situations and you'll have a group workbook to take home.

Your provider will also call you at home (three times for between 15 and 30 minutes) to answer questions, provide support and help you with any problems.

Please contact Market Rasen Church of England Primary School for more information on a programme available in your area.