



Triple P **Stepping Stones** (0-12 years)

What Is Stepping Stones Triple P?

You have a child with an intellectual or physical disability (diagnosed or undiagnosed), and life is incredibly tough. Your child may seem unwilling or unable to follow instructions or master new skills. Perhaps they have terrible tantrums or emotional meltdowns. Maybe they can't make friends or play with their siblings. If the pressure of raising a child with an additional need is straining your family life, Stepping Stones Triple P may help.

Stepping Stones is based on Triple P's positive parenting strategies. It helps you manage problem behaviour and developmental issues common in children with disability. It also helps encourage behaviour you like, cope with stress, develop a close relationship with your child and teach your child new skills.

What does the course look like?

The programme involves six 2 ½ hour group sessions that educate and actively train skills, and three 15-to-30-minute individual telephone consultations to assist parents to refine the use of their parenting skills and to develop independent problem-solving skills.

The course will explore topics such as promoting children's development, teaching new skills and behaviours, managing misbehaviour and parenting routines.

Upcoming courses:

- Wednesday **1st February** – 29th March 2023 from 9.15 - 11.45 at Tyndale Primary School

Please send your referrals via our portal on the following link:

<https://forms.office.com/pages/responsepage.aspx?id=vOxBF28KIUeDXW-frLYTEdBoX4zLJMtDvyJRTd5gyMJUOEQwMUZDMUdYWFJMUKIUNUc0WTkxRTBKSi4u>

Alternatively, you can also request a referral form by e-mailing:

family.referrals@ccp.org.uk

and sending the completed referral form back to the same e-mail address.