



Triple P™ Takes the guesswork out of parenting

When it comes to raising kids and teenagers, everyone has an opinion. There are so many ideas out there. So how do you know what's best and what works? The Triple P™ – Positive Parenting Program takes the guesswork out of parenting. It is one of the few parenting programs in the world with the evidence to show it works for most families.

Triple P™ gives parents simple tips to help manage the big and small problems of family life. Problems like toddler tantrums or teenage rebellion, self-esteem issues, bedtime battles, disobedience or aggression. Triple P™ can help you deal with them all – and more!

Source: web, <http://www.triplep-parenting.net/alb-en/home/>



Group Triple P™ Stepping Stones

A program designed for parents with children 12 years and under who have a developmental disability (e.g. down syndrome, autism spectrum disorder) or other learning challenges (i.e. attention deficit hyperactivity disorder), Group Stepping Stones focuses on: positive parenting, promoting child development, teaching new skills and behaviours, managing mis-behaviour, planning ahead and implementing new parenting routines. Delivered over nine weeks, there are six group sessions at the center and three individual phone consultations.

If group format does not work for you please ask us about our Standard Stepping Stones Program offered in home settings.

**For more information,
please contact us.**

Call: (778) 945-1435

Email: laurel@posAbilities.ca

Visit: www.laurelbc.ca

posAbilities

Laurel

Behaviour Support Services

Words from an Inspired Parent...

"Participation in Stepping Stones provided me with some perspective into my own parenting and some of the pitfalls I had fallen into. Little did I realize that my kids had "trained" me to parent in ways that really weren't working for me! I quickly realized that some small changes made a big difference and made our mornings more efficient, calmer, and happier! Through my work, and as a parent, I have had many opportunities for training, but what I liked most about Stepping Stones was the opportunity to try the new strategies every week and then bring back what I had learned to the group and facilitator and get feedback on tweaks that were needed. Attending the group weekly over the course of a couple of months, with homework every week, made me accountable for my own learning and success, and it really paid off!"

– Tracy H.

CBC DOC ZONE: Angry Kids & Stressed Out Parents, CBC-TV

www.cbc.ca/doczone/episodes/angry-kids-stressed-out-parents

Mothers say Stepping Stones helped sons with autism

www.triplep.net/glo-en/see-and-hear/watch-videos/case-studies/?video_id=73

www.laurelbc.ca

Head Office: Suite 101, 4664 Lougheed Hwy. Burnaby, BC, V5C 5T5

Phone: (778) 945-1435 | Fax: (604) 299-0329

Email laurel@posabilities.ca | Web www.laurelbc.ca