



Triple P™ Takes the guesswork out of parenting

Triple P™ is an evidence-based parenting program that teaches parents and/or caregivers a variety of positive parenting skills that promote positive interactions with their child. Standard "Stepping Stones" is 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) and is offered in a 1:1 format in the comfort of their home.

The program is delivered over the course of ten weeks with seven sessions in person and three phone sessions. It is facilitated by Triple P™ Certified Behaviour Consultants from Laurel Behaviour Support Services.

Source: web, <http://www.triple-p.net/alb-en/home/>



Individual Triple P™ Stepping Stones

This program focuses on the following components:

1. Positive parenting
2. Promoting children's development
3. Teaching new skills and behaviours
4. Managing mis-behaviour and parenting routines
5. Planning ahead
6. Implementing parenting routines

For more information:

Call: (778) 945-1435

Email: laurel@posAbilities.ca

Visit: www.laurelbc.ca

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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

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