

Stepping Stones Triple P

COURSE CONTENT

Both the individual and group versions of the programme provide parents with skills for managing their child's behaviour and encouraging their independence.

Both versions cover the following content:

- The initial sessions provide parents with an overview of how Triple P's core principles of positive parenting (e.g. creating a positive environment for learning, using assertive discipline, having realistic expectations, etc.) apply to a disabled child
- The middle sessions introduce parents to specific strategies for teaching their child new skills, managing unwanted behaviour and establishing family routines
- During the later sessions, parents consider their child's progress by discussing the results of their weekly diaries. The practitioner and parent will then work together to solve any ongoing problems and determine whether additional services might be helpful.
- The last session covers strategies that parents can use for maintaining their child's progress.

COURSE AIMS

Stepping Stones Triple P aims to help parents learn how to:

- Effectively manage unwanted child behaviour
- Use less harsh and punitive discipline
- Communicate more effectively with each other about parenting issues
- Experience less stress and increased family harmony.

It is also expected that children will be better able to:

- Communicate with others
- Ask for assistance
- Co-operate with others and take turns
- Accept rules and limits
- Express their feelings in a way that does not harm others
- Develop positive feelings about themselves and others
- Behave in a non-aggressive way
- Do things for themselves (e.g. dress themselves, feed themselves, etc.)
- Show greater curiosity and interest in everyday things
- Make decisions and solve problems on their own.

COURSE DATES

Location(s):

Family home, a clinic, a school, or any community setting that is mutually agreeable for the parents and practitioner.

Individual Programme

1 - 2 hour sessions over 10 weeks

Group Programme

1 - 2 hour sessions over 9 weeks

TARGET AUDIENCE:

Parents with children with a physical or learning difficulty (between the ages of 2 and 8)

REFERRAL AND RECRUITMENT

Parents can be referred/recruited into the programme through a variety of methods. Parents are typically referred into the individually-delivered programme through professionals, but can also self-refer. Referral to the group version can come from a parent or professional, but also from word of mouth and community advertising. Parents attending the group session receive a telephone screening call to make sure that their level of need is appropriate for the intensity of the programme.

For further information about the course, including content, aims, delivery, goals, trainers, evidence and research, visit: <http://www.education.gov.uk/commissioning-toolkit/Content/PDF/Stepping%20Stones%20TripleP.pdf>

For further details on other training, visit: <http://www.discoverytsa.co.uk>