

Triple P® Stepping Stones



Helping parents take the stress out of parenting

An evidence-based positive parenting program

www.triplep-parenting.net

www.laurelbc.ca



Words from Inspired Parents...

"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.

"I really enjoyed the Triple P® group. I have implemented so many of the techniques. So many little changes have made a huge difference. Our whole family is calmer."

– Jeanne MacDonald



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

About Us

Laurel Behaviour Support Services (LBSS) supports hundreds of individuals and families each year to achieve enduring changes that improve their quality of lives. We offer individualized behaviour support services for children and adults with autism spectrum disorder or an intellectual disability. Our focus is to help individuals reach their full potential and to empower the families and support teams who care for them.

We specialize in Early Intensive Behaviour Intervention (EIBI) for children less than 6 years of age, behaviour consultation and life skills training for school aged children, youth and adults. In addition to Triple P® Stepping Stones, we also offer several other workshops for families, care providers and professionals geared towards the knowledge and tools needed to provide effective supports.

We currently provide behaviour support services to families and support teams throughout the Metro Vancouver area, Southern Vancouver Island, the Sunshine Coast and the North Okanagan Region.

Contact Us:

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✉ email laurel@posAbilities.ca

Laurel Behaviour Support Services
is offered by **posAbilities**,
a not-for-profit community living organization.

Join our online communities and connect with others who are passionate about inclusion.



LaurelBehaviour and posAbilitiesCA

What is Triple P® Stepping Stones?

Triple P® Stepping Stones is an evidence-based positive parenting program that aims to make parenting children with a disability easier. Its effectiveness is supported by over 30 years of research and has proven to provide parents and care providers with a helpful, positive approach to raising children.

Triple P® Stepping Stones is offered in two formats:



Standard Triple P® Stepping Stones

Individual, 1:1 format offered in your family home.

Standard Triple P® Stepping Stones is offered to individual families in a 1:1 format in the comfort of their own home. A certified Triple P® Stepping Stones facilitator will work directly with the family in a structured format over the course of ten weeks with seven (1-2 hour) sessions and three (30 minute) phone sessions. This program offers flexibility to accommodate the families' needs and busy work and school schedules.



Group Triple P® Stepping Stones

Group format offered in a community setting.

Group Triple P® Stepping Stones is offered to a group of 3-10 families at a local community site facilitated by certified Triple P® Stepping Stones facilitators. The program is delivered over the course of nine weeks with six in-class (2-2.5 hour) sessions and three 1:1 (30 minute) phone sessions.

What does the program offer?

The Triple P® Stepping Stones program offers:

- an evidence-based program presented in workbook format with video lessons by Dr. Matthew Sanders, Professor of Clinical Psychology and founder of the Triple P® - Positive Parenting Program.
- active skills training and knowledge building in positive parenting, promoting children's development, teaching new skills and behaviours, managing mis-behaviour and parenting routines, and implementing parenting routines.
- teaching and support from certified Triple P® Stepping Stones facilitators who are behaviour consultants from Laurel Behaviour Support Services.

How do I know if Triple P® Stepping Stones is the best option for me and my family?

Triple P® Stepping Stones is for every parent with a child (up to 12 years of age) with a developmental disability, whether it is for specific concerns or advice on common everyday issues. It provides simple and practical strategies to help parents build confidence and develop new skills and set their child up for success. For high-risk behaviours or concerns, parents

or caregivers should consider a more intensive approach to service with 1:1 behaviour consultation support.

For more information, please visit www.laurelbc.ca/services/.



Why is Triple P® Stepping Stones important?

This training is an excellent early intervention step to address minor behaviour challenges a child presents with, before becoming serious and critical. Triple P® Stepping Stones has substantial evidence supporting its efficacy in preventing challenging behaviours and provides families with the knowledge, skills and necessary tools to support their child's learning and development.



How do we access the program?

Both Standard and Group Triple P® Stepping Stones are offered as a fee for service. Families can use private funds or access the program using their child's autism funding.

If you are a parent or a service provider looking to access the Triple P® Stepping Stones program, please contact us at: (778) 945-1435 or Toll Free at: 1 (855) 437-7095 or by email at laurel@posAbilities.ca.

If you would like to meet with us in person, we would be happy to set up a complimentary consultation to discuss your current concerns and vision for your child and review the Triple P® Stepping Stones format that may be best suited to your needs.