



Ottawa Children's Treatment Centre
Centre de traitement pour enfants d'Ottawa
Founded in 1951 Fondé en 1951

Connections Families

September / October 2014



Stepping Stones

August 2014

Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.
Chinese Proverb

The strength of the Stepping Stones Positive Parenting Program (Triple P) is that it gives families the tools to develop their own strategies to solve parenting problems, says OCTC behaviour consultant Merran Campbell.

“We don’t tell parents what to do. We guide and support them as they choose the best possible approach to managing the behaviour of their own child,” she says. “There is a real commitment by parents to problem-solving and skill-building, which develops their confidence, reduces their stress and gives them strong transferable skills.”

Merran is one of 18 OCTC behaviour consultants and social workers who have been trained and certified in the Triple P program, a parenting program developed in Australia more than 30 years ago and now used in 25 countries. It is based on ongoing scientific research and promotes itself as having been proven to work across cultures, socio-economic groups and in all kinds of family structures.

Last year OCTC helped more than 50 families by offering Stepping Stones, the specialized Triple P program designed for children with a disability.

In each session, groups of 8 to 10 parents meet for two hours, once a week for five weeks, followed by three weeks of individual weekly phone calls to provide one-on-one advice. This step allows the facilitator to tailor the program to the specific needs of each family.

Clients can be referred to the program prior to a specific diagnosis, Merran adds, which makes it accessible to a larger segment of the community and is used to address inappropriate behaviour with both compliance and skill-deficit roots.

Once in the program, parents select a specific behaviour to work on with their child and, facilitated by OCTC, develop strategies to achieve the desired goal. “We provide them with constant feedback and support, but parents have to be invested in making the program work,” says Merran.

Two Stepping Stones sessions will be held this fall, one at the Kanata site and another at Thurston, and two more in the winter.

Creating
opportunities
today;
maximizing
independence
tomorrow.

www.octc.ca



Ottawa Children's Treatment Centre
Centre de traitement pour enfants d'Ottawa
Founded in 1951 Fondé en 1951

Connections Families

Did you know?

OCTC is Accredited with Commendation from Accreditation Canada.

OCTC maintains an active and long standing commitment to external peer review for accountability, transparency, and as a tool to pursuing continuous quality improvement and striving for optimal client service delivery, organizational excellence, and exemplary safety and risk management.



A mother finds the secret to success

The key to his toilet-training success was making bubbles when he peed in the toilet.

This was the insight the mother of a charming now four-year-old gained as a participant last year in an OCTC Stepping Stones Triple P session.

While she had tried other incentives in the past, including toy and candy rewards, through the guidance of OCTC behaviour consultant Merran Campbell, the mother recognized encouraging her son to “make bubbles” was the strategy she needed to get through this parenting hurdle.

Until this “clicked,” she says, she had focused on rewarding desired behaviour rather than finding a trigger to motivate him to do it. Toilet-training was the specific behaviour she chose to address through the Stepping Stones program as it was limiting his ability to participate in certain activities, such as March Break camps.

She was introduced to Stepping Stones after being referred to OCTC for speech therapy. Constant ear infections starting in infancy had resulted in hearing loss at “a critical phase” in his behaviour and speech development, she explains.

“He was frustrated and upset all the time because he couldn’t hear or express himself,” she says. Once surgery restored his hearing, and with the help of speech therapy, the little boy is learning to speak well and behave appropriately.

She adds that another great advantage of the Stepping Stones group approach is how much parents learn from each other as they share their own experiences and strategies. For example, she learned that a child acting up in a grocery store can be given the store’s flyer to match the pictures with the products on the shopping list. It is also a relief for parents to realize they are not alone in facing and overcoming parenting challenges, explains Merran. Skills learned through Stepping Stones are used with other children and in other situations, she adds.

Meanwhile, the hurdle of toilet-training is nearly behind a little boy and his family who are grateful for the continued support they receive from OCTC.

“It’s a beautiful place and a great team,” says a grateful and wiser Mom.



Bulletin Board!

Watch your email for our annual (Christmas) toy suggestion list.

*Circulation is targeted for end of Nov./early Dec.



Share your story

We are always looking for client stories to share on our Website, in printed materials and with the community. If you are willing to share your story with us and/or our Foundation, email epaulauskas@octc.ca



Question of the Month:
"The fall activity that my child is most excited about is..."
Send your answers to:
epaulauskas@octc.ca

**We will post the top 5 answers in our next issue



Join our mailing list

to receive this newsletter electronically, along with our Annual Report and occasional updates regarding news, workshops, special events and much more...
email cboudreau@octc.ca