



Group Stepping Stones Triple P Information

What is Group Stepping Stones Triple P?

Group Stepping Stones Triple P - Positive Parenting Program - is an intervention program for families of children with special needs who currently have or are at risk of developing behaviour problems. It is a research-based parent training program aimed at preventing behavioural, emotional and developmental problems in children by enhancing the knowledge, skills, and confidence of parents. Parents play an active role in the program, setting their own goals and continuously assessing and evaluating their plans.

Follow these links for more information about Triple P: www.triplep.net (for practitioners and agencies) and <http://www.triplep-parenting.net/alb-en/home> (for parents).

What is covered in the program?

Group Stepping Stones Triple P includes:

- Positive parenting strategies
- Promoting children's development
- Developing positive relationships and encouraging desirable behaviour
- Teaching new skills and behaviours
- Managing misbehavior
- Implementing parenting routines
- Planning ahead for high-risk situations
- Survival tips
- Maintaining positive change
- Problem-solving for the future and setting future goals

How is the program offered at OCTC?

Group Stepping Stones Triple P is a group-based eight or nine week program offered to parents/primary caregivers. Children do not attend the group sessions. The group is comprised of a maximum of ten families. The group facilitators are Behaviour Consultants and/or Social Workers. For the first five weeks, there are weekly group sessions in which participants are provided with information, strategies, and opportunities to discuss and practice new skills. Between sessions, parents have homework tasks to ensure that the content is connecting to their family's needs and situation. Individual telephone sessions are conducted during weeks six to eight, as the families put into practice their strategies and plans. The final group session takes place following the telephone sessions.

At this time, the Ottawa Children's Treatment Centre offers the Group Stepping Stones Triple P program in English and French (Triple P de Groupe) during the fall and spring.

Who can register for the Stepping Stones program?

For clients of the Ottawa Children's Treatment Centre who live in Ottawa, Group Stepping Stones Triple P is offered to parents/primary caregivers of children 0-12 years of age who do not have a diagnosis of Autism Spectrum Disorder. Families of children with a confirmed diagnosis of Autism are served through the Autism Services and Supports program, which can be reached at 613-249-9355. Families living in Prescott-Russell, Stormont, Dundas & Glengarry, Lanark-Leeds & Grenville, or Renfrew regions should check the Looking Ahead tab of the OCTC website for more information about behaviour services available in their area.

<http://www.octc.ca/looking-ahead/>

How do families get referred to the program?

Families should call Intake Services at 613-737-0871 ex. 4425 to inquire about a referral to Group Stepping Stones Triple P or to receive additional information about the program.