For further information or to make a referral please contact:

PPDU Business Support

Debora Hemingway - 01780 764072

Carole Stanton - 01522 680034

PPDU Facilitators

Kim Cooper - 01780 764072

Caroline Palmer– 07825552173

Marion Head—07920839624

Lisa Cornall - 07824 417 603

Maureen - 07919 304 482

Email:

Please contact local Children's Centres for a full programme of groups

Billinghay   01526 869 248

Bourne 01778 395 895

Caythorpe   01400 279 285

Grantham Belton Lane 01522 550 901

Grantham Swingbridge 01476 590 034

Market Deeping 01778 382 574

Sleaford 01529 306 888

South Witham 01572 768 876

Stamford   01572 764 072

Waddington 01522 721 750

Washingborough 01522 792 995

Witham St Hugh's 01522 869 541

Triple P

Group Stepping Stones

Positive Parenting

Programme

Are you the parent or caregiver of a child with a disability?

Get free parenting help

For Families with a Child who has a Disability

Parents, stay positive!

Lincolnshire COUNTY COUNCIL

Working for a better future

What is Group Triple P?
Stepping Stones

Group Triple P Stepping Stones is a parenting programme which gives lots of different ideas to manage misbehaviour.

The Programme is for parents/carers of children who have any additional needs or disabilities

The 7 Core Principles

1. Providing a safe interesting environment

2. Creating a positive learning environment

3. Using assertive discipline

4. Adapting to having a child with a disability

5. Being part of a community

6. Taking care of yourself as a parent

7. Having realistic expectations

Key Objects:

- Increase parents' skills in promoting good social, emotional & behaviour in their children

- Reducing parents use of ineffective methods of behaviour management

- Improving parent/Child communication

- Reducing parental stress linked with Parenting children

The Strategies of
Group Triple P Stepping Stones

Promoting a Positive Relationship

Spending quality time, Communicating with children & Showing affection

Encouraging Desirable Behaviour

Descriptive praise, Positive Attention, Providing other rewards, Engaging activities & Setting up activity schedules

Teaching New Skills & Behaviours

Setting a good example, Using physical guidance, Incidental teaching, As-say-do, Teaching backwards, Behaviour charts, Behaviour charts

Managing Misbehaviour

Using diversion to another activity, Ground rules, Directed discussion,

Planned ignoring, Clear calm instructions,

Teaching children to communicate/logical consequences, Blocking, Brief interruption, Quiet time & Time out