



**Family Support
Network™ of WNC**

Stepping Stones Triple P Positive Parenting Program

What is Stepping Stones Triple P?

Stepping Stones Triple P is a ten week program that extends the standard Triple P system to specifically address the needs of families who have a child with a disability. Stepping Stones Triple P aims to help parents develop effective management strategies for dealing with a variety of childhood behavior problems and development issues.

How can Stepping Stones Triple P help?

As well as looking at general parenting strategies, from which all children can benefit, this program also looks at specific strategies for children with special needs. This program is recommended for parents of children with a disability who need support to:

- Encourage appropriate behavior
- Manage problem behavior
- Become more confident
- Be realistic about parenting
- Invest in self-care

What does Stepping Stones Triple P involve?

Stepping Stones Triple P is a great opportunity to meet other parents in a similar situation. Class size is limited to 12 parents. You will need to attend 5 Stepping Stones sessions that will give you strategies that will help with positive parenting.

You will see scenes from the DVD, *A Survival Guide for Families with a Child who has a Disability*, which will show you how these strategies work in real life. Your workbook will give you tools and information that will enhance positive parenting at home.

Classes are followed by two weeks of practice at home. But you won't be left to do it all on your own. Your Triple P practitioner will call you every week at a set time to find out how you're doing and offer advice if you're having any trouble. Those calls will last about 15-30 minutes.

Finally, you'll meet up with your parent group and Triple P practitioner for one last session. This is a chance to go over any issues you may have and to **CONGRATULATE YOURSELF** on how far you've come!

This program includes:

- A copy of the workbook, Stepping Stones Triple P: For Families with a Child who has a Disability, which includes the strategies covered in the program,
- One-to-one contact with a Triple P practitioner to discuss your child's individual needs

Program Outline:

Cost: Is FREE to all parents but you are required to attend all Sessions.

Session	Date	Time	Details
1	Wednesday, September 6, 2017	9am-12pm	Face to Face Session
2	Wednesday, September 13, 2017	9am-12pm	Face to Face Session
3	Wednesday, September 20, 2017	9am-12pm	Face to Face Session
4	Wednesday, September 27, 2017	9am-12pm	Face to Face Session
5	Wednesday, October 4, 2017	9am-12pm	Face to Face Session
6	We choose together	We choose together	Phone Session with Practitioner
7	Wednesday, October 18, 2017	9am-12pm	Face to Face Session

To Register or For More Information:

Please Contact Kerri Eaker at 828-213-0047 or email kerri.eaker@msj.org. Limited spaces are available. Early registration is recommended. No childcare will be offered for this classes.

Directions to Family Support Network of WNC

Mission Reuter Children's Outpatient Center

11 Vanderbilt Park Drive • Asheville, NC 28803

FROM I-40:

Whether approaching from the east or west on I-40, take Exit 50-A which is Highway 25 South (Hendersonville Road),

Turn right, heading South on Highway 25.

At the second stoplight, turn right on to Vanderbilt Park Drive. Stay on Vanderbilt Park Drive, which will make a turn to the right behind the Asheville Cardiology building. Proceed to the round-about and go about half way around. You will see the Mission Reuter Children's Outpatient Building and directional signs to the left. Parking is in front of the building.

