

# Waltham Forest Parenting Programme information

## **Stepping Stones – up to 12 years**

For parents of children with an intellectual or physical disability. Stepping Stones is based on Triple P's positive parenting strategies. It helps you manage problem behaviour and developmental issues common in children with disability. It also helps encourage behaviour you like, cope with stress, develop a close relationship with your child and teach your child new skills.

## **Triple P Teen – 11-18**

Parents or caregivers that benefit from Group Teen Triple P are those who have concerns about their teenager's mild to moderate level of behavioural problems or simply wish to prevent behavioural problems from developing. Parents who have completed lower-level interventions and have not achieved the goals they wanted, may benefit from a Group Teen Triple P intervention.

## **Triple P Primary - 0-12 years**

Parents with concerns about their child's behaviour who require intensive training in positive parenting or those who wish to learn a variety of parenting skills to apply to multiple contexts.

**Depending on the chosen programme, Triple P course modules could include:**

- Positive parenting
- Helping children develop
- Encouraging appropriate behaviour
- Managing misbehaviour
- Dealing with risky behaviour
- Using positive parenting strategies
- Implementing parenting routines
- Planning ahead

## **Strengthening Families Strengthening Communities 3-18 years**

SFSC is a universal programme, which helps parents with children aged 3-18 years to think about how their actions and experiences may influence their parenting style. SFSC helps parents to:

- gain a better understanding of child development
- use positive discipline techniques
- promote children's social skills and self-discipline
- achieve positive change in family relationships
- explore and develop strategies to deal with factors that risk poor outcomes for children, such as harsh and/or inconsistent discipline.

**For more information on any of the above programmes, please email**

**[Earlyhelpparenting@walthamforest.gov.uk](mailto:Earlyhelpparenting@walthamforest.gov.uk) or call 020 8496 2442**