

Parenting with Confidence

Evidence-Based Parenting Program for Parents of Children with Disabilities

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Background

- Families and professionals identified a need
- Gap in service
- A perfect fit?
Triple P Stepping Stones



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Goals

- Build confidence and competence in parents of children with disabilities
- Empower parents to encourage positive behaviour in their children
- Teach effective alternatives to punitive discipline
- Improve child behaviour and self esteem
- Reduce isolation

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Training and Accreditation

- 20 staff from across Ontario
- Training - 3 days of didactic and experiential learning
- Accreditation – ½ day examination
- Cost



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Spreading the word

- [Flyers](#)
- Internal advertising
- Mail out
- Bloorview Kids Rehab Website



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Getting Ready

- Managing the waitlist
- Chart Review
- Prescreen Interview
- Outcome Measures



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Group Format

- Closed group
- 8 weeks in the Spring
- 6:30-8:00pm
- 3 Facilitators, 2 Social Work Students
- Parent discussion, direct instruction, role-play, instructional DVD, individual and group activities



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Group Format


- Overview:
 - ✓ Introduction to Positive Parenting
 - ✓ Promoting Children's Development
 - ✓ Managing Misbehaviour
 - ✓ Planning Ahead
 - ✓ Taking Care of Yourself and Your Family

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Outcome Measures

- Developmental Behaviour Checklist (DBC-P)
- Being a Parent Scale
- Parenting Scale
- Client Satisfaction Questionnaire



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Next Steps

- Waitlist for Positive Parenting Group Spring 2010
- Vision – standard program at Bloorview
- Training at multiple levels?



Lessons Learned


- Use of resources
- Outcome Measure selection
- Getting Dads engaged
- A definite need
- Success!



More information?

- www.triplep.net
- jcarvalho@bloorview.ca
- Sanders, M., Mazzucchelli, T., and L. Studman. (2004). "Stepping Stones Triple P: the theoretical basis and development of an evidence-based positive parenting program for families with a child who has a disability." *Journal of Intellectual and Developmental Disability*. 29:3, 265-283
- Roberts, C. Mazzucchelli, T., Studman, L., and M. Sanders. (2006). Behavioral Family Intervention for Children With Developmental Disabilities and Behavioral Problems. *Journal of Clinical Child and Adolescent Psychology*. 35: 2, 180-193.

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Thank you!
