



Triple P Stepping Stones Course for parents of children aged 5 –11 with a disability

For parents of pre-adolescent children who have a disability. Stepping Stones has been shown to work with children with intellectual and physical disabilities who have disruptive behaviour. If you're feeling overwhelmed, worried, or simply want new strategies to build a calmer and happier home, this course could be for you.

What the course covers:

- **Managing Behaviour**
Practical strategies to respond to challenging behaviour and support developmental needs.
- **Encouraging Positive Behaviour**
Using positive parenting techniques to help children develop new skills, including communication and self-regulation.
- **Coping with Stress**
Ideas and support to help parents manage stress and feel more confident and positive in their parenting.
- **Planning Ahead**
Tools for preparing for high-risk situations such as shopping trips, morning routines, or transitions.

Course Details

Date:

Thursdays 1st Oct – 3rd Dec 2026
(No session on 29th Oct – half-term break)

Time:

10:00am – 12:00pm

Venue:

Brambles Family Hub, Budes
Gardens, Wokingham, RG40 1PX

Spaces are limited. For more information or to register your interest call Jane on 07917 550282 or email parenting.inbox@wokingham.gov.uk

**Build stronger relationships. Boost confidence.
Bring calm back into family life.**



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