

Triple P Stepping Stones



Cedars Children's Centre
Whittlesea Road, Harrow, HA3 6LS (9.30am – 11.30am)
Friday 16th October to 18th December 2026
(Excluding 30th October, 13th and 20th November 2026)

IS THIS YOU?

You have a child with a developmental disability and life is incredibly tough. Your child may seem unwilling or unable to follow instructions or master new skills. Perhaps they have terrible tantrums or emotional 'meltdowns'. Maybe they can't make friends or play with their siblings.

Although parenting can be extremely rewarding, enlightening and enjoyable, it can also be demanding, frustrating and exhausting. Parenting a child with a disability can be just as rewarding, but even more demanding.

This eight-week Triple P (Positive Parenting Programme) Stepping Stones course aims to make parenting children with disabilities easier. The strategies will enable you to learn more about positive parenting, discuss and share ideas about parenting and receive practical information about parenting skills that you can incorporate into everyday interactions with your child.

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For further information contact

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