

# Stepping Stone Triple P Booklet Series

## A Guide to Self-Care

The “**Positive Parenting Program**” is an effective, positive and practical approach tailored to the needs of parents of a child with a disability.

Self-care refers to the things we do to take care of our physical selves. Teaching children self-care skills can start at a young age. Parents of children who have a disability may need to provide more time and effort to teach self-care skills to their child. Parents can start as early as possible to teach self-care skills and give their children the best opportunity to reach their potential towards independence.

This workshop provides parents with ideas on formal and informal approaches to teaching children self-care skills, and how to manage misbehaviour if it occurs during these times.

**DATE:** November 4, 2020

**TIME:** 6:30 p.m. to 8:00 p.m.

**LOCATION:** Webinar

**REGISTRATION:** Josée Patenaude [jpatenaude@valorispr.ca](mailto:jpatenaude@valorispr.ca)  
1-800-675-6168, extension 4732

ValorisPR.ca

