

# STEPPING STONES TRIPLE P SEMINARS

## WHAT IS STEPPING STONES TRIPLE P SEMINARS?

A series of parenting information presentations for groups of parents (20 to 200) who have a child with disability. There are three seminar topics with each taking around 60 minutes to present, plus 30 minutes for question time. Stepping Stones Triple P Seminars is designed to be a brief introduction to the principles of positive parenting, teaching children with disabilities new skills, and changing challenging behaviour into positive behaviour.

## WHO IS IT FOR?

Parents or carers, who have children with disability up to 12 years, interested in general information about promoting their child's development. The series of seminars can also assist parents with specific concerns about their child's behaviour or development. Parents are more likely to benefit when their family is not facing significant behaviour challenges or high levels of stress. These seminars can also be useful as an introduction to the Stepping Stones Triple P strategies for families who will access a more intensive support.

## WHAT IS COVERED IN SEMINARS WITH PARENTS?

### Seminar 1: Positive Parenting for Children with Disability

Practitioners introduce parents to the seven core principles of positive parenting. These principles are:

- Ensuring a safe engaging environment.
- Creating a positive learning environment.
- Taking a planned approach to discipline.
- Having reasonable expectations.
- Looking after yourself as a parent.
- Adapting to having a child with disability.
- Being part of the community.

### Seminar 2: Helping Your Child Reach Their Potential

In this seminar, practitioners build on the foundation seminar and show parents how they can use the positive parenting principles to promote their child's development by teaching them new skills and behaviours. The six key steps to teach a new skill are:

- Choosing a skill to teach.
- Breaking the skill into steps.
- Choosing rewards.
- Deciding on when and where to teach.
- Using effective teaching strategies.
- Keeping track of progress and review.

### Seminar 3: Changing Problem Behaviour into Positive Behaviour

Parents are often uncertain how to manage challenging behaviour in ways that help children learn alternative and more adaptive behaviour to take its place. Parents are introduced to the six key steps of how to do this. The steps covered include:

- Tracking the behaviour.
- Understanding why the behaviour is occurring.
- Changing events that occur before the behaviour.
- Encouraging alternative behaviour.
- Removing accidental rewards.
- Putting the plan into action.

## HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

In addition to each seminar, the practitioner should allow time for preparation and/or supervision. Please see the table below for an approximate timeframe for delivering the programme.

|                                                                |                     |
|----------------------------------------------------------------|---------------------|
| CONSULTATION TIME                                              | 1½ hours            |
| PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK* | n/a                 |
| TELEPHONE SUPPORT OR HOME VISIT                                | n/a                 |
| SEMINAR PREPARATION AND POST-SEMINAR DEBRIEF/SUPERVISION       | 1½ hours            |
| CASE NOTES AND REPORT WRITING**                                | n/a                 |
| TOTAL TIME                                                     | 3 hours per seminar |

\*An additional 2-3 minutes per family should be allowed for reviewing the Client Satisfaction Questionnaire (CSQ) at the end of the intervention.

\*\*Not including comprehensive reports for government agencies.

## WHAT RESOURCES DO PARENTS RECEIVE?

Each family will receive a Stepping Stones Triple P Seminars Tip Sheet corresponding to the seminar they are attending. Please see the table below for the expected programme resources required when Triple P is adopted as part of core business.

|                                     |                                        |
|-------------------------------------|----------------------------------------|
| NUMBER OF INTERVENTIONS PER YEAR    | 6 interventions (2 rounds of 3 topics) |
| NUMBER OF FAMILIES PER INTERVENTION | 50 families per seminar                |
| RESOURCES PER FAMILY                | 1x Seminar Tip Sheet per seminar place |
| TOTAL NUMBER OF FAMILIES            | 300 seminar places                     |
| TOTAL RESOURCES PER YEAR            | 300 Tipsheets                          |

## WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Stepping Stones Triple P Seminars to families, practitioners must have completed an approved active skills training programme and demonstrated their knowledge and competence in programme delivery through a skills-based accreditation process. The table below provides an estimate of the time commitment for practitioners to attend training and support days, as well as time needed for preparation and peer support. Training is available via video conference or in-person<sup>1</sup>.

|                                         |                                                |
|-----------------------------------------|------------------------------------------------|
| NUMBER OF TRAINING DAYS (9.00AM–4.30PM) | 2 days                                         |
| PRE- ACCREDITATION DAY (9.00AM–4.30PM)  | 1 day                                          |
| PREPARATION TIME FOR ACCREDITATION DAY  | 4–6 hours<br>(quiz and competency preparation) |
| ACCREDITATION DAY                       | Half day                                       |
| PEER SUPPORT                            | 2–3 hours<br>(hourly meetings per month)       |
| TOTAL TIME                              | 5 days                                         |

An Extension Course is available, please contact your Triple P representative for more information.

## DO PRE-REQUISITES APPLY?

No Triple P pre-requisites apply. It is assumed that an organisation has established a successful referral process for families requiring further assistance (either to in-person or online Triple P programmes).

## WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Organising a successful seminar series.
- Presentation of the seminar series.
- Core principles of positive parenting and behaviour change.
- Specific positive parenting strategies for promoting children's development.
- Responding to parents' questions.

## WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive the following Triple P practitioner resources:

- Practitioner's Manual for Triple P Seminars.
- Access to the Stepping Stones Triple P Seminars PowerPoint presentations.
- Stepping Stones Triple P Seminars Tip Sheets (includes a tip sheet from each seminar).

<sup>1</sup> In-person is an option in some instances. Please contact your IC for more information.