TRIPLE P DISCUSSION GROUPS

WHAT IS TRIPLE P DISCUSSION GROUPS?

The Triple P Discussion Group Series includes parent discussion groups on commonly encountered parenting challenges such as cooperating with instructions, and expressing feelings without aggression, and managing situations such as going out, mealtimes and bedtime. The discussion groups are designed to provide an overview of the positive parenting principles for any interested parent. Parents are actively involved throughout the 2-hour small group format discussions.

WHO IS IT FOR?

Parents or carers seeking information about how to address a specific parenting or child behaviour issue. They are most likely to benefit when their concerns are around a relatively discreet, mild to moderate behavioural issue and when parents can independently implement parenting plans that are generated during each session. They are also encouraged to apply new parenting skills to other problems that may arise.

WHAT IS COVERED IN SESSIONS WITH PARENTS?

Topic: Being a positive parent

During this discussion topic, parents look at what positive parenting is, what it means for every day family life, and set goals for change. They look at the five principles of positive parenting, and strategies for nurturing and supporting their child's development.

Topic: Cooperating with instructions

This discussion topic provides some reasons children don't always cooperate, how parents can encourage their child to follow directions, and how to respond when they don't cooperate. A number of positive parenting strategies are introduced to help parents develop a personal parenting plan for encouraging cooperation in their family.

Topic: Developing bedtime routines

This discussion topic explores some reasons bedtime problems happen and the skills that help children get into a regular bedtime routine. Parents set goals for change and look at ways to keep track of how their child goes with sleep and bedtime. A number of positive parenting strategies are introduced to help parents develop a personal parenting plan to help prevent problems and respond to any problems that happen at bedtime or during the night.

Topic: Developing mealtime routines

This discussion topic explores common reasons mealtime difficulties happen and skill that help children get into a regular mealtime routine. Parents set goals for change and look at ways to keep track of how their child goes at mealtimes. A number of positive parenting strategies are introduced to help parents develop a personal parenting plan to help prevent problems and respond to any issues that happen during meals.

Topic: Expressing feelings without aggression

During this discussion topic looks at some of the reasons children might fight and how parents can encourage their child to play nicely with others, solve problems and express themselves in non-hurtful ways. During the session, parents use the positive parenting strategies introduced to develop a personal parenting plan for helping their child to get along with other and express feelings without aggression.

Topic: Going out

This discussion topic looks at why problems can happen when out with children, how parents can plan ahead to prevent problems and encourage behaviour they like, and how to respond if problems happen. Parents use the positive parenting strategies introduced to develop a personal parenting plan for taking their child into a situation they find challenging.

HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

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

CONSULTATION TIME	2 hours
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK*	n/a
TELEPHONE SUPPORT OR HOME VISIT	Optional
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	1 hour
CASE NOTES AND REPORT WRITING**	1 hour (10 families, 6 minutes each)
TOTAL TIME	4 hours per group

*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 receives a Triple P Discussion Group Workbook on the corresponding topic 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	10 groups
NUMBER OF FAMILIES PER INTERVENTION	10 families per group
RESOURCES PER FAMILY	1 x Discussion Group Workbook
TOTAL NUMBER OF FAMILIES	100 families
TOTAL RESOURCES PER YEAR	100 x Discussion Group Workbook

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WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Triple P Discussion Groups 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[1].

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 (quiz and competency preparation)
ACCREDITATION DAY	Half day
PEER SUPPORT	2–3 hours (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.

WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Early detection and effective management of child behaviour problems.
- Core principles of positive parenting and behaviour change.
- Specific positive parenting strategies for promoting children's development, social competence and self-control.
- Effective parent consultation.
- Use of active skills training strategies in a group format.
- Group dynamics and common process issues.
- Identification of indicators suggesting more intervention is required and appropriate referral procedures.

WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive the following Triple P practitioner resources:

- Practitioner's Manual for Triple P Discussion Groups
- Triple P Discussion Group Workbooks (includes a workbook for each topic)
- Access to the Triple P Discussion Groups PowerPoint presentations.

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

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