

# SELECTED STEPPING STONES TRIPLE P

## WHAT IS SELECTED STEPPING STONES TRIPLE P?

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

## WHO IS IT FOR?

Parents or caregivers, who have children with a 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 likely to benefit if their family is not complicated by significant behaviour problems or family stress. This intervention can also be useful as an introduction to the Stepping Stones Triple P strategies for families who will access a more intensive intervention.

## WHAT IS COVERED IN SESSIONS WITH PARENTS?

### Seminar 1: Positive Parenting for Children with a 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.
- Using assertive discipline.
- Having reasonable expectations.
- Looking after yourself as a parent.
- Adapting to having a child with a 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 and review.

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

Parents are often uncertain how to manage problem 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 problem.
- 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 preparing for the seminar and/or supervision. Please see the table below for an approximate delivery guideline time for each seminar.

CONSULTATION TIME	1½ hours
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK*	n/a
TELEPHONE SUPPORT OR HOME VISIT	n/a
SESSION PREPARATION AND POST-SESSION 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 Seminar Series 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 (100 of each topic)



## WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Selected Stepping Stones Triple P 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 (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. Assumes 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:

- Facilitator’s Kit for Selected Stepping Stones Triple P (includes Facilitator’s Manual).
- Access to the Selected Stepping Stones Triple P Seminar Series PowerPoint presentations.
- Stepping Stones Triple P Tip Sheet Series — Seminar Series (includes a tip sheet from each seminar).

<sup>1</sup> In-person is an option when government rules, safety and insurance requirements allow.