

# 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 behavior 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 assist parents with specific concerns about their child's behavior or development. Parents are likely to benefit if their family is not complicated by significant behavior 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 behaviors. 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 Behavior into Positive Behavior

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

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

## 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 program 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 families
TOTAL RESOURCES PER YEAR	300 Tipsheets (100 of each topic)

## 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
QUESTIONNAIRE SCORING AND FEEDBACK - PRE AND POST ASSESSMENT*	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.

