



Triple P – Positive Parenting Program®



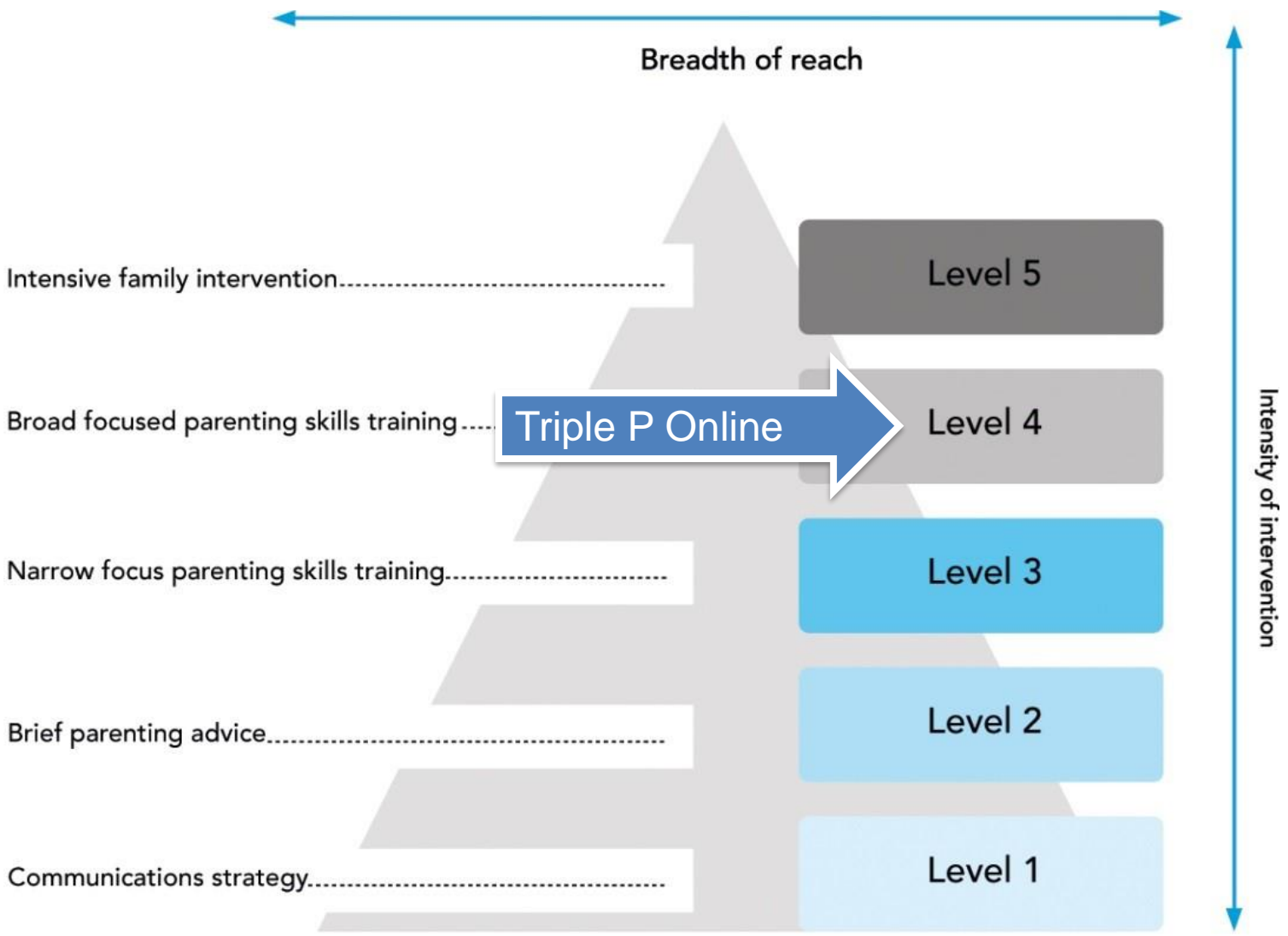
Supporting parents with Triple P online

Agenda



- Introduction to the Triple P system and implementation framework
- Triple P Online (TPOL) in Victoria and Queensland
- How parents can access the program for free
- Overview of Triple P Online
- Live Demo of Key Content of Teen/Triple P Online
- How to support parents with Triple P Online
- Key issues in delivering support to parents Questions
- Further support Triple P Providers

The Triple P System: Not a “one-size-fits-all”



The Triple P Implementation Framework



Key Activities

- Initial Service Delivery
- Program refinement
- Developing and reviewing sustainability and maintenance

Key Activities

- Training (Preparation; Event; and Follow-up)
- Pre-accreditation (Preparation; Event; and Follow-up)
- Accreditation (Preparation; Event; and Follow-up)



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Key Activities

- Organisational readiness
- Preparing to plan
- Organisational assessment
- Developing a plan

Key Activities

- Initial information exchange
- Exploring desired outcomes
- Exploring potential fit for Triple P
- Exploring reach/scope and potential partners

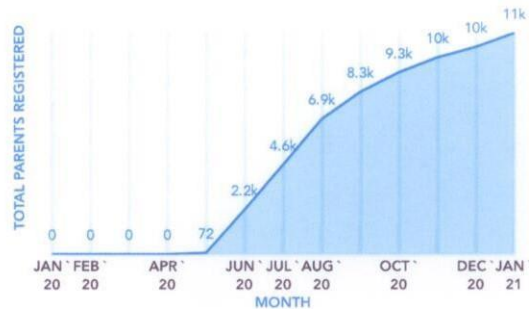
Key Activities

- Determining goals (internal/external) to the organisation
- Assessing fit, determining target population and workforce
- Calculating capacity needed to meet reach and goals
- Financial management and contracting (inc. engaging leadership and developing a costing and contract)

Triple P Online (TPOL) in Victoria and Queensland

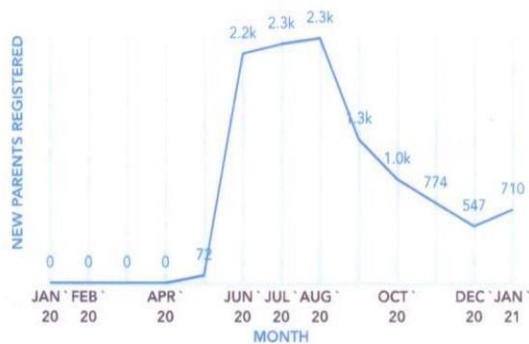


GROWTH IN TOTAL NUMBER OF PARENTS



- 0 - Total parents at end of January 2020
- 0 - Total parents at end of February 2020
- 0 - Total parents at end of March 2020
- 0 - Total parents at end of April 2020
- 72 - Total parents at end of May 2020
- 2,296 - Total parents at end of June 2020
- 4,615 - Total parents at end of July 2020
- 6,989 - Total parents at end of August 2020
- 8,383 - Total parents at end of September 2020
- 9,390 - Total parents at end of October 2020
- 10,164 - Total parents at end of November 2020
- 10,711 - Total parents at end of December 2020
- 11,421 - Total parents at end of January 2021

PARENTS REGISTERED BY MONTH



- 0 - Parents registered in January 2020
- 0 - Parents registered in February 2020
- 0 - Parents registered in March 2020
- 0 - Parents registered in April 2020
- 72 - Parents registered in May 2020
- 2,224 - Parents registered in June 2020
- 2,319 - Parents registered in July 2020
- 2,374 - Parents registered in August 2020
- 1,394 - Parents registered in September 2020
- 1,007 - Parents registered in October 2020
- 774 - Parents registered in November 2020
- 547 - Parents registered in December 2020
- 710 - Parents registered in January 2021

How parents can access the program for free



<https://www.triplep-parenting.net.au/qld-uken/find-help/triple-p-online/>

<https://www.triplep-parenting.net.au/vic-uken/triple-p/>



Triple P – Positive Parenting Program®



Overview: What is Triple P online

What is Triple P Online?



- Triple P Online – children up to 12 years of age
 - 8-module (Level 4 Triple P intervention)
- Teen Triple P Online – older children and teenagers up to 16
 - 6-module (Level 4 Teen Triple P intervention)
- Based on Level 4 Triple P programs (Group, Standard)
- Modules typically take 30 to 60 minutes to complete

Additional COVID-19 introductory module



- A recently added introductory module provides parents with specific information relating to challenges associated with the current pandemic.
- It contains hints and suggestions about how parents can:
 - engage children when many normal activities are restricted over long periods
 - take care of themselves so they can be available to their children
 - manage anxiety for themselves and their children

Key features of Triple P Online programs



- Mentor introduces and summarises modules
- Video clips of families in action
- Interactive exercises
- Individual goal setting, feedback and weekly check in
- Downloadable worksheets
- Personalised and printable parent workbook
 - email; full text and bullet point versions
- Review and reminder strategies
 - text messages, emails

Benefits of an online option for parents



- Accessible 24/7
- Wide reach
- Flexible & easy to tailor
- Private
- Engaging
- Reduced provider burden
- Cost effective

Benefits of an online option for providers



- Common principles and strategies
- Familiar structure and format
- Flexible & easy to tailor
- Easy to navigate
- Reduced provider burden
- Cost effective



Triple P – Positive Parenting Program®



Introduction to Triple P Online

Introduction to Triple P Online programs



- Triple P Online — 8 modules
- Teen Triple P Online — 6 modules

Triple P Online log in page



LOG IN

Email address:

Enter your email address

Password:

Enter your password



LOG IN >

[Forgotten your password?](#)

or

Did you receive a code?
Create your account.

ACTIVATE YOUR CODE >

Don't have a code yet?
[Claim yours today](#)



Personalise your course

PERSONALISE YOUR COURSE



SELECT YOUR TOPIC(S) 0/3

List of common parenting issues

Disobedience (not listening, not following instructions)



Tantrums (getting angry, getting upset)



Fighting, aggression (hitting, biting)



Whining (complaining, talking back)



Interrupting, demanding attention



Mealtime problems



Estimates of confidence

RATE YOUR CONFIDENCE

**GREAT! NOW LET'S RATE HOW
CONFIDENT YOU ARE DEALING WITH
THAT BEHAVIOUR**

Place the marker where you would put yourself on the
scale.

RATE YOUR CONFIDENCE 

NEXT 

Get the most out of the course



GET THE MOST OUT OF YOUR COURSE

Just before you start we have some tips to get the most out of your course.

AWESOME! >

Selecting a regular time

GET THE MOST OUT OF YOUR COURSE



SET THE RIGHT TIME

Block a set moment each day, 15 minutes will do, and take time to practise.

GOT IT! 

GET THE MOST OUT OF YOUR COURSE




GET SOME SUPPORT

Talk about the ideas in the program with your partner,
friend or relative.

GREAT IDEA! 

Starting the program


GET THE MOST OUT OF YOUR COURSE



— ✓ — ✓ — ✓

NOW, LET'S SHOW YOU AROUND!

How does this program work?

START MY TOUR 



DASHBOARD

RESOURCES

Q&A

WORKBOOK

ACHIEVEMENTS

BOOKMARKS

TIPSHEETS

COVID-19

MY PROGRESSION IN CONFIDENCE



Disobedience (not listening, not following instructions)



Fighting, aggression (hitting, biting)



Bedtime problems



CONCERN RELEVANT TIPSHEETS

Disobedience

Fighting and Aggression

Bedtime Problems

MY PROFILE

NEED HELP?

VIEW DEMO

LOG OUT



CONTINUE COURSE

MODULE 1

WHAT IS POSITIVE PARENTING?





- DASHBOARD
- RESOURCES** ←
- Q&A
- WORKBOOK
- ACHIEVEMENTS
- BOOKMARKS
- TIPSHEETS
- COVID-19

RESOURCES

Use this page to fast track to resources that you have collected. Select a module title to access the resources you have collected so far.

MODULE 1

WHAT IS POSITIVE PARENTING? >



MODULE 2

ENCOURAGING BEHAVIOUR YOU LIKE >



MODULE 3

TEACHING NEW SKILLS >

 DASHBOARD

 RESOURCES

 Q&A 

 WORKBOOK

 ACHIEVEMENTS

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 COVID-19

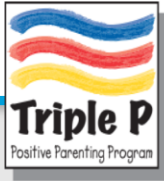
Q&A LIBRARY

This library includes common questions and answers posted by other parents, so check to see if your question has already been asked and answered.

You can sort the library by module to find questions you may be interested in.

MODULE 1: WHAT IS POSITIVE PARENTING?

- Q** *What about our cultural parenting? In our community parenting is the responsibility of other relatives as well as parents and not all of them do the same thing.* ▼
- Q** *Where we live isn't very safe. The highway is right there.* ▼
- Q** *We can't afford a fire extinguisher. Who can?* ▼
- Q** *I get so worried about the kids playing in the driveway but there isn't anywhere else.* ▼
- Q** *What if I don't have time to stop what I'm doing to give them attention all the time?* ▼
- Q** *How do I know if my child is ready to learn a new skill?* ▼



- DASHBOARD
- RESOURCES
- Q&A
- WORKBOOK**
- ACHIEVEMENTS
- BOOKMARKS
- TIPSHEETS
- COVID-19

WORKBOOK

MODULE 1: WHAT IS POSITIVE PARENTING?

INTRODUCTION

The areas that seem to be of most concern to you right now are:

(Scale = Certain I can't manage it = 0/10; Certain I can manage it = 10/10)

- Disobedience (not listening, not following instructions). How I rate my confidence: 2/10
- Fighting, aggression (hitting, biting). How I rate my confidence: 4/10
- Bedtime problems. How I rate my confidence: 1/10

Keeping these concerns in mind can help you stay focused on what is important for you as we work through the program.

WHAT IS POSITIVE PARENTING?

Positive parenting aims to promote children's development and guide their behaviour. It's about strong relationships, good communication and positive attention to help children develop well.



- DASHBOARD
- RESOURCES
- Q&A
- WORKBOOK
- ACHIEVEMENTS**
- BOOKMARKS
- TIPSHEETS
- COVID-19

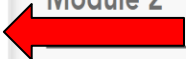
ACHIEVEMENTS

These badges are linked to the goals you set for putting your positive parenting strategies into practice with your family.

Module 1

No badges available.

Module 2



Quality time

Being available shows you care. ▼



Talking









Talking helps teach language and social skills. ▼



Affection

Affection helps develop close bonds and trust. ▼



-  DASHBOARD
-  RESOURCES
-  Q&A
-  WORKBOOK
-  ACHIEVEMENTS
-  **BOOKMARKS**
-  TIPSHEETS
-  COVID-19

BOOKMARKS

Module 1

No bookmarks.

Module 2

No bookmarks.

Module 3

No bookmarks.

Module 4

No bookmarks.

Module 5

 DASHBOARD

 RESOURCES

 Q&A

 WORKBOOK

 ACHIEVEMENTS

 BOOKMARKS



 TIPSHEETS



 COVID-19



TIPSHEETS



These tipsheets will become available after you've completed module 4.



 Parenting during COVID-19 Guide.pdf 

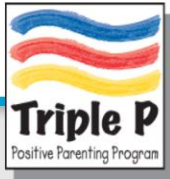
 Top tips for parents and carers during COVID-19.pdf 

 Disobedience Tipsheet.pdf 

 Tantrums Tipsheet.pdf 

 Fighting and Aggression Tipsheet.pdf 

 Whining Tipsheet.pdf 



 DASHBOARD

 RESOURCES

 Q&A

 WORKBOOK

 ACHIEVEMENTS

 BOOKMARKS








 TIPSHEETS

 COVID-19 

PARENTING DURING COVID-19



WHAT IS POSITIVE PARENTING?

-  DASHBOARD
-  RESOURCES
-  Q&A
-  WORKBOOK
-  ACHIEVEMENTS
-  BOOKMARKS
-  TIPSHEETS
-  COVID-19



0:02 / 2:09 HI

Triple P Online modules



- Module 1: What is Positive Parenting?
- Module 2: Encouraging behavior you like
- Module 3: Teaching new skills
- Module 4: Managing misbehavior
- Module 5: Dealing with disobedience
- Module 6: Planning ahead to prevent problems
- Module 7: Making shopping fun
- Module 8: Raising confident, capable kids

Principles of positive parenting

-
- Having a safe, interesting environment
 - Having a positive learning environment
 - Using assertive discipline
 - Having realistic expectations
 - Taking care of yourself as a parent

Triple P strategies

Developing good relationships

- Spend quality time with your child
- Talk with your child
- Show affection

Encouraging good behaviour

- Descriptive praise
- Give attention
- Have interesting activities

Teaching new skills and behaviours

- Set a good example
- Incidental teaching
- Ask-say-do
- Behaviour charts









Managing misbehaviour

- Set clear ground rules
- Directed discussion
- Planned ignoring
- Clear, calm instructions
- Logical consequences
- Quiet time
- Time-out

Live Demo: TPOL Workbook and Resources



WHAT IS POSITIVE PARENTING?

-  DASHBOARD
-  RESOURCES
-  Q&A
-  WORKBOOK
-  ACHIEVEMENTS
-  BOOKMARKS
-  TIPSHEETS
-  COVID-19



0:02 / 2:09 HI

Live demo of Teen TPOL platform

Teen Triple P Online modules



- Module 1: What is Positive Parenting?
- Module 2: Encouraging appropriate behavior
- Module 3: Teaching new skills and behavior
- Module 4: Managing problem behavior
- Module 5: Planning ahead for risky situations
- Module 6: Raising confident, capable teenagers

Principles of positive parenting

-
- Ensuring a safe, interesting environment
 - Creating a positive learning environment
 - Using assertive discipline
 - Having realistic expectations
 - Taking care of yourself as a parent

Teen Triple P strategies

Developing a positive relationship

- Spend time with your teenager
- Talk to your teenager
- Show affection

Increasing desirable behaviour

- Use descriptive praise
- Give attention
- Provide opportunities for engaging activities

Teaching new skills and behaviours

- Set a good example
- Coach problem solving
- Use a behaviour contract
- Hold a family meeting

Managing problem behaviour

- Establish clear family rules
- Use directed discussion
- Make clear, calm requests
- Logical consequences
- Acknowledge emotional behaviour
- Use behaviour contracts
- Hold a family meeting

Live Demo: Teen TPOL Workbook and Resources





Triple P – Positive Parenting Program®



How to support parents with Triple P Online

Support options



- Regular support
 - Prior contact with the parent
 - Support throughout the entire program
- Occasional support
 - Prior contact with the parent
 - Support as needed throughout the program
- Informal support
 - No prior contact with the parent
 - Support on request

Regular support



- Parent referred for support
- Assessment conducted to determine appropriate intervention
- Negotiate level of support
 - Support required throughout the program
 - Organise regular contact sessions

Occasional support



- Parent referred for support
- Assessment conducted to determine appropriate intervention
- Negotiate level of support
 - Support required at pre-arranged steps in program or at parental request
 - Organise contact sessions

Informal support



- Parent not previously referred
- A brief assessment will need to be conducted to provide details of family circumstances (e.g. Family Background Questionnaire)
- Support may be for one session only, or include additional sessions
 - Support on request or as agreed
 - Arrange contact process



Triple P – Positive Parenting Program®



**Key issues in delivering
support to parents**

Key issues for supporting parents using online programs



- Be familiar with the program
- Manage sessions efficiently
- Create working alliance
- Promote self-regulation
- Keep a record of contacts

Key issue: Be familiar with the program



- If available, complete the entire program and make sure you are familiar with the exercises, the Q&A library and other resources.
- Retain a completed version of the program with long-term access so you can log in and easily and quickly navigate to any page

Key issue: Manage sessions efficiently



- Agree on a set time limit for the session – around 20 minutes can be sufficient
- Negotiate an agenda at the beginning
- Ensure parent's issue is appropriate for where they are in the program
- If a parent has many issues, ask them to prioritise them and put some aside for another session or a later module
- Aim to achieve success in a few areas to help build parents sense of self-efficacy

Practitioner Guide for TPOL Clinical Support



PRACTITIONER GUIDE FOR ESTABLISHING CLINICAL SUPPORT FOR TRIPLE P ONLINE

The following guide outlines important information regarding clinical support that should be discussed with the parent during the initial introductory contact.

Welcome and Introduction

Introduce yourself to the parent:

Hi, this is [name] from [organisation]. I'll be your Triple P Online practitioner over the next few weeks.

Parent's login details for Triple P Online

Email the parent their Triple P Online login details.

Scheduling Clinical Support

Establish a time for consultations that suits both parent and practitioner. Ideally this should be a time that the parent can be relatively free from distractions.

As well as allowing for convenience and parent preference, exercise your clinical judgment on the most appropriate method of support for the parent (e.g. phone, email, face-to-face, video conferencing).

Access to Materials during the Session

Encourage the parent to be near their computer during phone consultations so they can access Triple P Online and their online workbook. If they can't do the session near their computer, ask them to print out the last module's online workbook prior to the next consultation.

Encourage Parent to Complete Module 1

Reassure the parent that Triple P Online is designed to promote positive parenting practices, including the use of positive attention and praise, teaching strategies, antecedent strategies to avoid problems in high-risk situations, and effective discipline for misbehaviour.

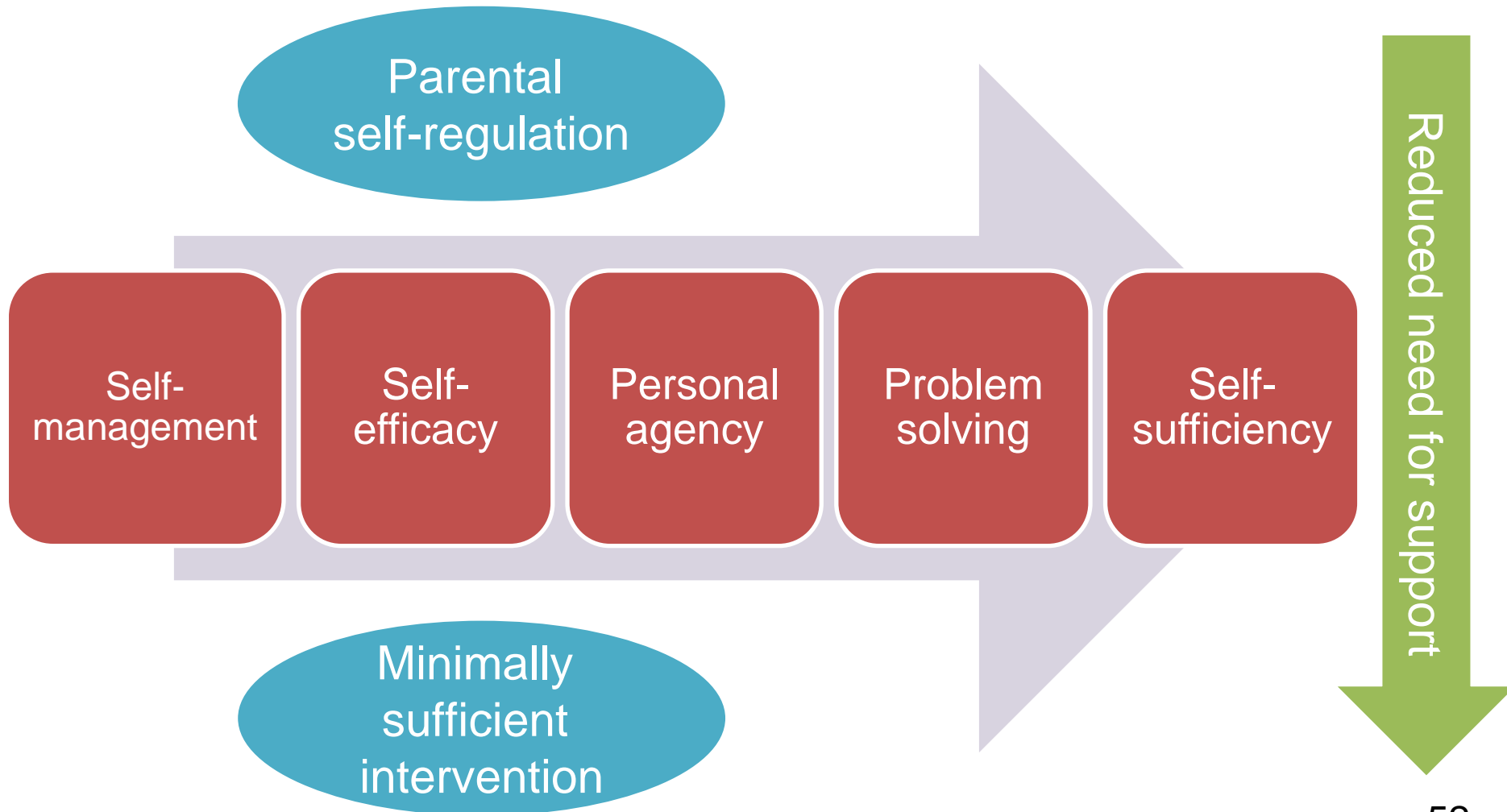
Try to obtain a commitment from the parent to log in and complete Module 1 before their next consultation.

Key issue: Create a working alliance



- Create working alliance
- Not provide additional clinical advice
- Acknowledge and praise recent efforts
- Add motivational support

Key issue: Promote self-regulation



Key issue: Keep a record of contacts



- Use the available checklists to summarise the key points discussed in each session.
- Refer to these before and during subsequent sessions to assist with continuity
- Keep up-to-date contact details including home address and emergency back up contacts

Key issue: Identify referral options



- Some parents may find that the online programs do not address some important issues, such as
 - Specific behavioural/emotional issues
 - Parental anxiety or stress.
 - Disagreement between partners
 - Anger management
 - Unhelpful beliefs

Referral to other services and accredited Level 5 Triple P Providers



- Keep an up-to-date list of other local services e.g. financial help lines, domestic violence, child abuse
- Contact local agencies which deliver Triple P programs
- Check out Triple P websites (Provider's Network)
- Contact Triple P Implementation Consultant directly: enquiries@triplep.net / lisa@triplep.net

Additional support for practitioners



- Information booklet for agencies; flyer for parents – feel free to download from the chat room or request it via email.

- Triple P Provider's Network

https://www.tripleparenting.net/provider/provider_login/en/

- Open enrolment Triple P training

<https://www.triplep.net/provider-training-find-a-course/en/triple-p-training/>

Level 5 Enhanced Triple P



Suitable for

- Parents or carers with concurrent child behaviour problems and family adjustment difficulties, e.g. parental depression or stress and partner conflict. These parents have attempted a Level 4 program such as Triple P Online and shown minimal improvements.

Delivery Format

- 3–10 individualised 60–90-minute parenting sessions.

Level 5 Pathways Triple P



Suitable for

- Parents who have anger management issues and other issues that put them at risk of child abuse and neglect.

Delivery Format

- 2–5 individualised or group 60–90-minute sessions.

Level 5 Family Transitions Triple P



Suitable for

- Parents going through separation and divorce who have concurrent concerns about their child's behaviour.

Delivery Format

- 5 x 2-hour individual or group sessions in addition to a Level 4 Triple P program such as Triple P Online.



Triple P – Positive Parenting Program®



Question time

Closure



Thank you for your participation

We hope this presentation has helped
prepare you to support parents in their
experience with Triple P Online programs

Please provide feedback on the Survey Form
emailed to you after this webinar.