



Primary Care Stepping Stones Triple P

What is Primary Care Stepping Stones Triple P?

Stepping Stones Triple P has been developed for parents of children with a developmental disability. Primary Care Stepping Stones Triple P involves a brief one-to-one parenting intervention designed to target discrete problem behaviors or developmental skills (e.g., social skills, communication). Primary Care Stepping Stones Triple P has been evaluated with families of children with a range of disabilities (e.g., intellectual disability, autism spectrum disorders, cerebral palsy and elevated levels of disruptive behavior). Sessions are between 15 minutes to half an hour. The first two sessions are conducted in person and the other sessions can be completed either in person or by telephone. The practitioner meets with the parent/s for up to four sessions over a period of six weeks and assists parents to develop parenting plans (behavior support plans) to prevent the problem behavior, teach needed skills, and manage misbehavior.

Who is it for?

Parents or caregivers of children with a disability (up to 12 years old) who benefit from this program are those with a specific concern about their child's behavior and who require one-to-one consultation with active skills training. These parents may be unable to commit to regular treatment over longer periods of time. They are most likely to benefit if their child's behavioral issues are not complicated by high levels of family stress. Some parents choose to do this program as an introduction to parenting strategies and then may become interested in more intensive Group Stepping Stones Triple P for further support.

What is covered in sessions with parents?

Consultation Session 1: Assessment of the presenting problem. In this session the practitioner conducts an initial interview, discusses options for intervention, and how the parent/s can keep track of their child's behavior.

Consultation Session 2: Developing a parenting plan. In this session, the practitioner provides the parent with feedback of assessment results and discusses causes of child behavior problems. Parents then set goals for themselves and their child. They are then introduced to booklets that provide information on a range of topics (e.g., social skills, early learning skills, disruptive behavior, toileting, etc). An individualized parenting plan is devised based on this format and content.

Consultation Session 3: Review of implementation. In this session, practitioners apply a self-regulatory feedback model to help the parent review how they have implemented their plan, to identify strengths and improvements and to refine their use of specific strategies that may require further practice.

Consultation Session 4: Follow up. A review of the child's progress is discussed. Parents are assisted to problem solve obstacles that may interfere with their implementation of parenting plans. Other maintenance issues are discussed and if it is necessary, referral options are outlined.

Triple P – Positive Parenting Program®



What resources do parents receive?

Each family will receive up to two Primary Care Stepping Stones Triple P Booklets relevant to the targeted problem behavior/s or developmental skills, and a Stepping Stones Triple P Positive Parenting Booklet.

How much time is needed to deliver the intervention?

In addition to each session, the practitioner should allow time for reviewing satisfaction questionnaires, and preparing for the session and/or supervision. Please see the table below for an approximate delivery guideline time for each family.

Course	Face to Face Consultation or Group Session Time	Questionnaire Scoring and Feedback - Pre and Post Assessment*	Telephone Support or Home Visit	Session Preparation and Post-Session Debrief/Supervision	Case notes and Report Writing**	Total Time
Primary Care Stepping Stones Triple P	2 hours (30 minutes per family for 4 sessions)	n/a	n/a	¼ hour	¼ hour	2½ hours per family

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

**Not including comprehensive reports for government agencies.

What is involved in provider training?

To provide Primary Care Stepping Stones Triple P to families, practitioners must have completed an active-skills training program and demonstrated their knowledge and competence in program 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.

Course	Number of Training Days (9.00am - 4.30pm)	Pre-Accreditation Day (9.00am - 4.30pm)	Preparation Time for Accreditation Day	Accreditation Day	Peer Support	Total Time
Primary Care Stepping Stones Triple P	3 days	1 day	4-6 hours (quiz and competency preparation)	Half day	2-3 hours (hourly meetings per month)	6 days



What resources do practitioners receive?

Each practitioner will receive a copy of the following Triple P practitioner resources at training:

- Practitioner's Kit for Primary Care Stepping Stones Triple P (includes Practitioner's Manual, Consultation PowerPoint CD);
- Primary Care Stepping Stones Triple P Booklet Series; and
- Stepping Stones Triple P: A Survival Guide for Families with a Child who has a Disability [DVD].