



Standard Stepping Stones Triple P

What is Standard Stepping Stones Triple P?

Stepping Stones Triple P has been developed for parents of children with a developmental disability. 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 behaviour). Standard Stepping Stones Triple P begins with a comprehensive assessment of parent-child interaction and family issues. The intervention provides parents with comprehensive support in managing their child's behaviour across settings (e.g. disobedience, fighting and aggression, temper tantrums). The focus is on understanding the function of problem behaviour and teaching child skills that can be used to replace misbehaviour. Over ten one-to-one sessions, parents learn to set their own goals, work out what changes they would like to see in their child's behaviour, learn strategies to promote positive behaviour and deal with misbehaviour.

Who is it for?

Parents or caregivers of a child with a disability (up to 12 years of age) who benefit from this program, have concerns about their child's moderate to severe behavioural problems and are able to commit to up to 10 regular individual consultations either in a clinic or in the family home.

What is covered in sessions with parents?

Session 1: Intake interview. The parent is interviewed to gather comprehensive child and family information. Details of behavioural problems or issues are taken and parents are asked to complete a series of questionnaires designed to screen for factors that may be influencing child development or behaviour. In this session, parents are also introduced to a range of recording techniques that they can use to keep track of the behaviour/s of interest over the coming weeks.

Session 2: Observation and sharing of assessment findings. This session begins with an observation of parent-child interaction which is followed by a feedback discussion with parent only. Practitioners use a guided participation model to engage parents in a review of all assessment information, developing a shared conceptualisation of the problem and its causes, then negotiating goals and treatment directions.

Session 3: Promoting children's development. During this session, the parent learns the principles of positive parenting, strategies to develop positive relationships with children, how to encourage desirable behaviour and strategies to teach children new skills and behaviours.

Session 4: Managing misbehaviour. This session involves introducing the parent to strategies for dealing with misbehaviour, developing a parenting routine and finalising their behavioural charts.

Session 5-7: Practice sessions 1-3. These sessions assist the parent in using the behaviour change strategies. The practitioner observes a 10 minute parent-child interaction where the parent has set goals to practise using specific parenting strategies. The practitioner then has the opportunity to encourage the parents' self-evaluation and goal setting to refine the use of specific parenting strategies.



Session 8: Planning ahead. During this session, the parent identifies high-risk home and community activities (e.g. shopping trips, therapy sessions, getting ready for school). The practitioner then teaches them how to develop planning ahead routines to prevent misbehaviour, encourage skill development, and manage misbehaviour in one or more of the parent’s identified high-risk situations. Parents then plan to implement their routines over the coming week.

Session 9: Planning ahead practice session. During this session, the parent practises encouraging their child to play independently while they discuss their planning ahead routines with the practitioner. The practitioner also observes the parent getting the child ready to go out and provides feedback before ending the session.

Session 10: Program close. The practitioner conducts a progress review and discusses with the parent ideas to maintain good changes that have been made, how to solve problems in the future, and whether referral for further support is appropriate. The parent then completes a post-assessment similar to the initial questionnaire booklet they completed.

What resources do parents receive?

Each family receives a copy of the Stepping Stones Triple P Family Workbook.

How much time is needed to deliver the intervention?

In addition to consultations, the practitioner should allow time for reviewing satisfaction questionnaires, and preparing for the sessions 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
Standard Stepping Stones Triple P	7 hours (1 hour per session for 7 sessions)	1½ hours	3 hours (1 hour per home-visit for 3 visits)	2½ hours	1 hour	15 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 Standard 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
Standard Stepping Stones Triple P	3 days	1 day	4-6 hours (quiz and competency preparation)	Half day	2-3 hours (hourly meetings per month)	5½ 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 Standard Stepping Stones Triple P (includes Practitioner’s Manual, and Stepping Stones Triple P Family Workbook); and
- Stepping Stones: A Survival Guide for Parents of Children with Disabilities [DVD].