



## Group Lifestyle Triple P

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### What is Group Lifestyle Triple P?

Group Lifestyle Triple P is an adaptation of Level 4 Group Triple P and is a multi-component intervention for families with overweight or obese children. The aim of the program is to help parents develop effective strategies for managing their child's weight by introducing gradual permanent changes in their family's lifestyle (e.g., healthier family eating, encourage physical activity). Group Lifestyle Triple P consists of ten 90 minute group sessions and four telephone support calls.

### Who is it for?

Parents who benefit from Group Lifestyle Triple P are those who have children aged between 5 and 10 years and are concerned about their child's weight and activity level. Parents need to be able to commit to up to 6 months of regular contacts and willing to make changes in their whole family's lifestyle.

### What is covered in sessions with parents?

**Session 1: Preparing for change.** This session covers working as a group, what does 'overweight' mean, how can overweight be treated, readiness for change, and keeping track.

**Session 2: Understanding nutrition.** During this session parents learn about increasing their child's self-esteem, changing eating behaviors, good groups, nutrients, daily food serves, and nutrition goals.

**Session 3: Understanding physical activity.** During this session parents will learn to encourage healthy behavior, trying new foods, the importance of physical activity, how to set physical activity goals, increase incidental activity, and reduce sugar intake.

**Session 4: Using rewards and modifying recipes.** This session covers motivating children to be healthy, the different types of fat and how to reduce fat intake.

**Session 5: Limiting sedentary activity and reading food labels.** During this session parents will learn to reduce television and computer time, prevent problem behavior, and understand food labels.

**Session 6: Playing active games.** This session covers increasing energetic play.

**Session 7: Providing healthy meals and snacks.** During this session parents will learn how to prevent hunger and overeating, prepare healthy food, and increase involvement in sport.

**Session 8: Managing problem behavior.** During this session parents will learn how to manage problem behavior, develop parenting routines, and prepare for the weekly telephone sessions.



**Session 9-10: Using Lifestyle Triple P strategies.** These telephone consultations will provide the parent with an opportunity to update the practitioner with their family's progress and discuss any issues.

**Session 11: Planning ahead.** During this session parents will learn family survival tips, high-risk situations, planning activities, and prepare for fortnightly telephone sessions.

**Session 12-13: Using planned activities.** These telephone consultations will provide the parent with an opportunity to update the practitioner with their family's progress and discuss any issues.

**Session 14: Program close.** Parents return for a final group session to review progress, look at ways to maintain the healthy changes, plan for the future, and to bring closure to the program.

## What resources do parents receive?

Each family will receive a copy of the Every Parent's Group Lifestyle Workbook, Lifestyle Triple P Recipe Booklet, and Lifestyle Triple P Active Games Booklet.

## 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 session and/or supervision. Please see the table below for an approximate delivery guideline time for each group.

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
Group Lifestyle Triple P	15 hours (90 mins per session for 10 weeks)	5 hours (10 families on average per group)	20 hours (10 families, 30 minutes each week for 4 weeks)	10 hours	5 hours	55 hours per group

\*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 Group Lifestyle 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.

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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
Group Lifestyle 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:

- Facilitator's Kit for Group Lifestyle Triple P (includes Facilitator's Manual, CD Rom with Group Lifestyle Triple P PowerPoint presentations, Lifestyle Triple P Group Workbook, Active Games Booklet, and Recipe Booklet); and
- Every Parent's Survival Guide [DVD].