



Primary Care Triple P

What is the course

Primary Care Triple P is a brief targeted intervention in a one-to-one format that assists parents to develop parenting plans to manage behavioural issues (e.g. tantrums, fighting, going shopping) and skill development issues (e.g. eating independently, toilet training, staying in bed at night). These focused consultations are carried out in the course of providing routine health care for all health professionals. Practitioners provide 3-4 sessions (15-30 minutes each) over a period of 4-6 weeks. Sessions can be done in person, over the phone, or as a combination of both.

Families suitable for course

Parents or caregivers who benefit from Primary Care Triple P are those with a specific concern about their child's behaviour and who prefer one-to-one consultations. They are likely to benefit when their child's behaviour problems are mild and uncomplicated by a high level of family stress. Parents receiving this intervention sometimes then choose to do a Group Triple P course when problems persist.

Outline of parent sessions

Consultation Session 1: Assessment of the presenting problem. In this session the practitioner conducts an initial interview, discusses options for intervention, and introduces the parent to keeping track of their child's behaviour.

Consultation Session 2: Developing a parenting plan. In this session the practitioner provides the parent with feedback of assessment results, helps the parent identify causes of their child's behaviour problem, and to set goals for change.

Consultation Session 3: Review of implementation. In this session the practitioner uses a self regulatory feedback process to assist the parent to review their implementation of their parenting plan and to set goals for further refinement if needed. Behavioural rehearsal in this session is used when parents want to rehearse specific parenting techniques.

Consultation Session 4: Follow up. A review of the child's progress and how Triple P is being used is discussed along with any maintenance issues. If it is necessary, referral options are discussed.

Family resources

Each family will receive up to three Triple P Tip Sheets relevant to the targeted problem behaviour/s and a Positive Parenting Booklet.



Time commitment

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 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.

Training Requirements

To provide Primary Care 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 Triple P | 2 days | 1 day | 4-6 hours (quiz and competency preparation) | Half day | 2-3 hours (hourly meetings per month) | 4½ days |

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

- Practitioner's Kit for Primary Care Triple P (includes Practitioner's Manual, Consultation Flip Chart, and Positive Parenting wall chart);
- Triple P Tip Sheet Series - Sample Pack (includes the Positive Parenting Booklet and a sample of the Triple P Tip Sheets); and
- Every Parent's Survival Guide [DVD].