

# TRIPLE P FOR BABY

## WHAT IS TRIPLE P FOR BABY?

Triple P for Baby aims to prepare parents for a positive transition to parenthood and the first year with baby, promoting sensitive and responsive care in the perinatal period. Parents actively participate in a range of exercises to learn strategies to develop a positive relationship with their baby, promote their baby's development and help teach their baby new skills and behaviors.

The program can be delivered as a group or individually. The first four group sessions are delivered with up to 10 parents, followed by four individual consultations to assist parents with independent problem solving while practising the skills at home. The program can also be delivered one-to-one with all eight sessions delivered individually. The four initial sessions can be delivered prenatally with the individual consultations delivered postnatally, or the entire program can be delivered postnatally.

## WHO IS IT FOR?

Parents at the transition to parenthood or with a baby up to 12 months of age. Parents need to be able to commit to all eight sessions.

## WHAT IS COVERED IN SESSIONS WITH PARENTS?

### Seminar 1: Positive parenting

Provides parents with an introduction to positive parenting as an approach to raising infants, things that have an impact on early child development, and specific parenting strategies for developing a positive relationship with their baby.

### Session 2: Responding to your baby

The practitioner introduces a number of strategies that can help parents teach their new baby skills and behaviors, several ways of responding to their baby and information about babies' crying and sleep.

### Session 3: Survival skills

The practitioner introduces changes new parents may experience and some of the early parenting traps, and a variety of coping strategies to manage emotions (e.g. stress, anxiety, sadness).

### Session 4: Partner support

Provides parents with information on common relationship changes new parents may experience and some partner traps. The importance of communication and ideas for maintaining relationship happiness are also introduced.

### Session 5-7: Implementing parenting routines

During the individual sessions, the practitioner supports parents to continue implementing the strategies, and independently set goals and homework tasks.

### Session 8: Program close

During the individual session, parents review progress, look at ways to maintain changes, and plan for the future.

## HOW MUCH TIME IS NEEDED TO DELIVER THE PROGRAM?

In addition to consultations, the practitioner should allow time for preparation and supervision. Please see the table below for an approximate timeframe for delivering the program.

GROUP PROGRAM	
CONSULTATION TIME	8 hours (2 hours per session for 4 weeks)
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK*	5 hours (10 families, 30 minutes each)
INDIVIDUAL SUPPORT OR HOME VISIT	20 hours (10 families, 30 minutes each week for 4 weeks)
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	4 hours
CASE NOTES AND REPORT WRITING**	5 hours
TOTAL TIME	42 hours per group
INDIVIDUAL PROGRAM	
CONSULTATION TIME	8 hours (2 hours per session for 4 weeks)
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK*	30 minutes
INDIVIDUAL SUPPORT OR HOME VISIT	2 hours (30 minutes for 4 weeks)
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	4 hours
CASE NOTES AND REPORT WRITING**	30 minutes
TOTAL TIME	15 hours per family

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

\*\*Not including comprehensive reports for government agencies.



## WHAT RESOURCES DO PARENTS RECEIVE?

Each family receives a copy of Triple P for Baby Workbook. This workbook provides them with the content of all sessions, space to complete written exercises, and an outline of all homework tasks.

Please see the table below for the expected program resources required when Triple P is adopted as part of core business.

	GROUP	INDIVIDUAL
NUMBER OF INTERVENTIONS PER YEAR	3 groups	25 families
NUMBER OF FAMILIES PER INTERVENTION	10 families per group	1 family
RESOURCES PER FAMILY	1x Triple P for Baby Workbook	
TOTAL NUMBER OF FAMILIES	30 families	25 families
TOTAL RESOURCES PER YEAR	30 x Triple P for Baby Workbook	25 x Triple P for Baby Workbook

## WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Triple P for Baby to families, practitioners must have completed an approved 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. Triple P for Baby will be available late-2022 as part of a service evaluation. Training will be available via video conference or in-person<sup>1</sup>.

NUMBER OF TRAINING DAYS (9.00AM–4.30PM)	3 days
PRE- ACCREDITATION DAY (9.00AM–4.30PM)	1 day
PREPARATION TIME FOR ACCREDITATION DAY	4–6 hours (quiz and competency preparation)
ACCREDITATION DAY	Half day
PEER SUPPORT	2–3 hours (hourly meetings per month)
TOTAL TIME	6 days

## DO PRE-REQUISITES APPLY?

No Triple P pre-requisites apply. Assumes an organisation has established a successful referral process for families requiring further assistance (either to in person or online Triple P programs).

## WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Application of key parenting strategies to a broad range of baby behaviors.
- Risk and protective factors operating within families at the transition to parenthood.
- Strategies for partner support and coping skills.
- Use of active skills training strategies in a group format.
- Group dynamics and common process issues.
- Telephone support consultations with parents.
- Identification of indicators suggesting more intervention is required.
- Appropriate referral procedures.

## WHAT RESOURCES DO PRACTITIONERS RECEIVE?

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

- Practitioner's Kit for Triple P for Baby (includes Practitioner's Manual and Triple P for Baby Workbook).
- Access to Triple P for Baby PowerPoint Session Presentations.
- Access to Triple P for Baby Video.

<sup>1</sup> In-person is an option when government rules, safety and insurance requirements allow.