

TRIPLE P SEMINARS

WHAT IS TRIPLE P SEMINARS?

A "light touch" parenting information presentation delivered to a large group of parents (20 to 200) who are generally coping well but have one or two concerns. There are four seminar topics with each taking around 60 minutes to present, plus 30 minutes for question time. Triple P Seminars is designed to be a brief introduction to the Triple P strategies and will give parents and carers you work with great ideas to take home and try out with their family.

WHO IS IT FOR?

Parents or carers, with children up to 12 years, interested in general information about promoting their child's development. The seminars can also assist parents with specific concerns about their child's behaviour or development. Parents are likely to benefit if their family is not complicated by significant behaviour problems or family stress. This intervention can also be useful as an introduction to the Triple P strategies for families who will access a more intensive intervention.

WHAT IS COVERED IN SEMINARS WITH PARENTS?

Seminar 1: Positive parenting

Practitioners introduce parents to the five key principles of positive parenting that form the basis of Triple P. These principles are:

- Having a loving, safe and interesting environment.
- Having a positive learning environment.
- Using assertive discipline.
- Having realistic expectations.
- Taking care of yourself as a parent.

Seminar 2: Raising confident, competent children

In this seminar, parents are introduced to six building blocks for children to become confident and capable at school and beyond. These are:

- Showing respect to others.
- Being considerate.
- Having good communication and social skills.
- Having healthy self-esteem.
- Being a good problem solver.
- Becoming independent.

Seminar 3: Raising resilient children

Parents are introduced to six building blocks for emotional resilience. These involve learning to:

- Recognise and accept feelings.
- Express feelings appropriately.
- Have a positive outlook, including being optimistic, interested and content.
- Develop effective ways of coping.
- Manage strong emotions and unpleasant situations.
- Cope with stressful life events.

Seminar 4: Helping children develop healthy screentime habits

In this seminar, parents are introduced to:

- Recommendations for the amount of screentime children should have.
- Reasons screentime problems can develop.
- Positive parenting strategies to actively prevent problems with screentime, help children develop healthy screentime habits, manage conflict over screentime, and help children be responsible and safe online.

HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

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

CONSULTATION TIME	1½ hours
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK*	n/a
TELEPHONE SUPPORT OR HOME VISIT	n/a
SEMINAR PREPARATION AND POST-SEMINAR DEBRIEF/SUPERVISION	1½ hours
CASE NOTES AND REPORT WRITING**	n/a
TOTAL TIME	3 hours per seminar

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

**Not including comprehensive reports for government agencies.

WHAT RESOURCES DO PARENTS RECEIVE?

Each family will receive a Triple P Seminars Tip Sheet corresponding to the seminar they are attending.

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

NUMBER OF INTERVENTIONS PER YEAR	6 seminars
NUMBER OF FAMILIES PER INTERVENTION	50 families per seminar
RESOURCES PER FAMILY	1x Seminar Tip Sheet per seminar place
TOTAL NUMBER OF FAMILIES	300 seminar places
TOTAL RESOURCES PER YEAR	300 Tipsheets (100 of each topic)

WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Triple P Seminars to families, practitioners must have completed an approved active skills training programme and demonstrated their knowledge and competence in programme 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. Training is available via video conference or in-person¹.

NUMBER OF TRAINING DAYS (9.00AM–4.30PM)	2 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	5 days

An Extension Course is available, please contact your Triple P representative for more information.

DO PRE-REQUISITES APPLY?

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

WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Organising a successful seminar series.
- Presentation of the seminar series.
- Core principles of positive parenting and behaviour change.
- Specific positive parenting strategies for promoting children's development.
- Responding to parents' questions.

WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive the following Triple P practitioner resources:

- Practitioner's Manual for Triple P Seminars.
- Access to A Guide to Triple P Seminars.
- Access to the Triple P Seminars PowerPoint presentations.
- Triple P Seminar Tip Sheets (includes a tip sheet from each seminar).

¹ In-person is an option in some instances. Please contact your IC for more information.