

TRIPLE P FOR FIRST NATIONS FAMILIES

WHAT IS TRIPLE P FOR FIRST NATIONS FAMILIES?

A broad-based culturally acceptable parenting program that can be flexibly delivered for parents of children up to 12-years. The program involves five chapters delivered either individually or in a group. Parents actively participate in a range of exercises to learn about why children behave the way they do, using strategies to promote child development, setting specific goals, supporting building strong family relationships, guiding children's behaviour, and planning ahead for challenging situations. Then there are two brief individual consultations to assist parents with independent problem solving while they are practising the skills. This is followed by a final chapter to keep up the changes and support problem solving for the future.

WHO IS IT FOR?

Aboriginal and Torres Strait Islander parents and caregivers or caregivers of First Nations children, interested in promoting their child's development and potential, or have concerns about their child's behaviour, or simply wish to prevent challenging behaviours from developing. This program may also be suitable for those who have completed lower level programs who may need additional support.



WHAT IS COVERED IN CHAPTERS WITH PARENTS?

Chapter 1: Positive parenting

This chapter provides parents with an introduction to family wellbeing and positive parenting by introducing the five key principles. Parents are given the opportunity to share some of their parenting experiences and complete assessments.

Chapter 2: Why do children behave as they do?

During this chapter, parents look at what influences children's behaviour, set goals for change and discuss how to keep track of their child's behaviour.

Chapter 3: Helping children develop

In this chapter, the practitioner discusses strong, healthy relationships with children that support attachment, how to encourage behaviour you like, and teach your child new skills and behaviours.

Chapter 4: Discouraging behaviour you don't like

This chapter introduces strategies to assist parents with guiding challenging behaviour, developing parenting routines to help their child deal with frustration, and learn to accept limits. They also have an opportunity to rehearse these routines.

Chapter 5: Planning ahead

This chapter looks at ways to keep building a strong family and how to plan for times that may be challenging. It helps making parenting easier by identifying situations that may be a concern. Parents look at parenting routines to promote behaviour they like in challenging situations (e.g going shopping, travelling, bedtime routines, waiting for appointments and getting ready for school.) Parents also prepare for individual consultations with their practitioner.

Chapters 6-7: Putting it all together

The practitioner provides feedback from initial assessments and uses the self-regulatory feedback model to help parents review their planned activities or routines. From this, parents may set goals for further refinement of their routines, if needed.

Chapter 8: Program close

Parents return as a group or individually to review progress, look at ways to maintain changes and plan for the future. If necessary, referral options are discussed.

WHAT RESOURCES DO PARENTS RECEIVE?

Each family will receive a copy of either the Triple P Workbook for First Nations Families (with content of all eight chapters, space to complete written exercises, and an outline of all tasks for parents to try) or the Positive Parenting for First Nations Families booklet (designed for parents whose second language is English or who have low literacy).

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

NUMBER OF INTERVENTIONS PER YEAR	3 groups or individually
NUMBER OF FAMILIES PER INTERVENTION	10 families per group or individual sessions
RESOURCES PER FAMILY	1 x Triple P Workbook for First Nations Families or 1 x Positive Parenting for First Nations Families booklet
TOTAL NUMBER OF FAMILIES	30 families
TOTAL RESOURCES PER YEAR	30 x Triple P Workbook for First Nations Families or 30 x Positive Parenting for First Nations Families booklet

HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

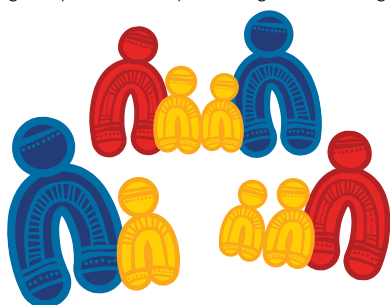
In addition to consultations, the practitioner should allow time to prepare for the program and/or supervision. Please see the table below for a general guide for the expected program resources required when Triple P is adopted as part of core business.

CONSULTATION TIME*	12 hours (2 hours per chapter for individual or group sessions)
QUESTIONNAIRE SCORING AND FEEDBACK - PRE AND POST ASSESSMENT**	5 hours
TELEPHONE SUPPORT OR HOME VISIT	10 hours (10 families, 30 minutes each week for 2 weeks)
GROUP PREPARATION AND POST-GROUP DEBRIEF/SUPERVISION	5 hours
CASE NOTES AND REPORT WRITING***	5 hours
TOTAL TIME	37 hours per group

*Delivery times can be flexible to suit parents.

**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 IS INVOLVED IN PROVIDER TRAINING?

To provide Triple P for First Nations Families to families, practitioners must have completed the training program and demonstrated their knowledge and competence in program delivery through an 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.

NUMBER OF TRAINING DAYS (9.00AM - 4.30PM)	4 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	7 days

DO PROVIDER PRE-REQUISITES APPLY?

No Triple P pre-requisites apply. However, it is desirable that practitioners have demonstrated experience working together with First Nations families and/or completed cultural capability training. A knowledge of child development is also desirable.

WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Application of parenting strategies to a range of child behaviours.
- Understanding risk and protective factors operating within families.
- Strategies to support parents to apply and maintain behaviour change within families.
- Understanding and applying the self-regulatory model (in-line with self-determination).
- Use of active skills training strategies in a group format.
- Understanding and responding to common process issues.
- Individual parent support.
- 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 resources at training:

- Positive Parenting: A Guide for First Nations Families.
- Triple P Workbook for First Nations Families.
- Positive Parenting for First Nations Families booklet.
- PowerPoint Presentation for Triple P for First Nations Families.
- Participant Notes for Triple P for First Nations Families.
- Facilitator's Manual for Group Triple P.