

# GROUP LIFESTYLE TRIPLE P

## 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 programme is to help parents develop effective strategies for managing their child's weight by introducing gradual permanent changes to their family's lifestyle (e.g. healthier family eating, increased 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 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 contact and be 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 'overweight' means, how it can be treated, readiness for change, and keeping track.

### Session 2: Increasing self-esteem and understanding nutrition

During this session, parents learn about increasing their child's self-esteem, changing eating behaviours, food groups, nutrients, daily food serves, and nutrition goals.

### Session 3: Encouraging healthy behaviour and understanding physical activity

During this session, parents will learn to encourage healthy behaviour, 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 behaviour, 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 manage hunger and overeating, prepare healthy food, and increase involvement in sport and other activities.

### Session 8: Managing problem behaviour

During this session, parents will learn how to manage problem behaviour, 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 about family survival tips, high-risk situations, planned 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: Programme 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 programme.

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

In addition to consultations, the practitioner should allow time for preparing for the sessions and supervision. Please see the table below for an approximate delivery guideline time for each group.

CONSULTATION TIME	15 hours (90 mins per session for 10 weeks)
PRE AND POST ASSESSMENTS — QUESTIONNAIRE SCORING AND FEEDBACK*	5 hours (10 families on average per group)
TELEPHONE SUPPORT OR HOME VISIT	20 hours (10 families, 30 mins each week for 4 weeks)
SESSION PREPARATION AND POST-SESSION DEBRIEF/SUPERVISION	10 hours
CASE NOTES AND REPORT WRITING**	5 hours
TOTAL TIME	55 hours per group

\*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 receives a copy of the Every Parent's Group Lifestyle Workbook, and Lifestyle Triple P Active Games Booklet.

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	2 groups
NUMBER OF FAMILIES PER INTERVENTION	10 families per group
RESOURCES PER FAMILY	1 x Every Parent's Group Lifestyle Workbook 1 x Lifestyle Triple P Active Games Booklet
TOTAL NUMBER OF FAMILIES	20 families
TOTAL RESOURCES PER YEAR	20 x Every Parent's Group Lifestyle Workbook 20 x Lifestyle Triple P Active Games Booklet

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

### WHAT IS INVOLVED IN PROVIDER TRAINING?

To provide Group Lifestyle Triple P 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-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. However, it is desirable that practitioners have some knowledge of child development, physical science and food nutrition to undertake this training.

### WHAT ARE THE PROVIDER LEARNING OUTCOMES?

- Monitoring child growth using height, weight and BMI (Body Mass Index)
- Assessing child and family functioning
- Strategies for promoting generalization and maintenance of behaviour change
- 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 and appropriate referral procedures.

### WHAT RESOURCES DO PRACTITIONERS RECEIVE?

Each practitioner will receive the following Triple P practitioner resources:

- Facilitator's Kit for Group Lifestyle Triple P (includes Facilitator's Manual, Lifestyle Triple P Group Workbook, and Active Games Booklet).
- Access to the Group Lifestyle Triple P PowerPoint presentations.
- Access to the Every Parent's Survival Guide video.

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