



# WHAT IS GROUP TRIPLE P 0-12?

A broad-based parenting intervention delivered over eight weeks for parents of children up to 12-years. The programme involves five (2-hour) group sessions of up to 12 parents. Parents actively participate in a range of exercises to learn about the causes of child behaviour problems, setting specific goals, and using strategies to promote child development, manage misbehaviour, and plan for high-risk situations. Then there are three (15 to 30 minute) individual (telephone) consultations to assist parents with independent problem solving while they are practising the skills at home.

## WHO IS IT FOR?

Parents or caregivers interested in promoting their child's development and potential or they may have concerns about their child's behavioural problems or simply wish to prevent behaviour problems from developing. Parents, who have completed lower level interventions and have not achieved the goals they want, may benefit from a Group Triple P intervention. Parents need to be able to commit to all eight sessions.

## WHAT IS COVERED IN SESSIONS?

### **Session 1: Positive parenting**

This session provides parents with an introduction to positive parenting, why children behave as they do, and how to set goals for change. Parents submit a completed assessment booklet at the beginning of this session.

### **Session 2: Helping children develop**

During this session, the practitioner discusses how to develop good relationships with children, how to encourage good behaviour, and the four strategies for how parents can teach their children new skills and behaviours.

### **Session 3: Managing misbehaviour**

During this session, the practitioner offers additional strategies to assist parents with managing misbehaviour during this session. Parents will also learn to develop parenting routines to promote compliance and manage non-compliance from their children. They have an opportunity to rehearse these routines during the session.

### **Session 4: Planning ahead**

This session covers family survival tips, identifying high-risk situations that still cause concern, and how to develop planning ahead routines to promote good child behaviour in high-risk situations (e.g. shopping, learning how to take turns, fighting with siblings, getting ready for school). Parents also prepare for their individual consultations during this session.

### **Session 5-7: Using positive parenting strategies 1-3**

The practitioner provides feedback from initial assessments that the family completed and then uses the self-regulatory feedback model to help parents review their implementation of planning ahead routines for their high-risk situations. From this, parents set goals for further refinement of their routines, if needed.

### **Session 8: Programme close**

Parents return for a final group session to review progress, look at ways to maintain changes and plan for the future, and to close the programme. If necessary, referral options are discussed.