



Group Stepping Stones Triple P

What is the course

Group Stepping Stones Triple P has been developed for parents of children with a developmental disability. Stepping Stones Triple P has been evaluated with families of children with a range of disabilities (e.g. intellectual disability, autism spectrum disorders, cerebral palsy and elevated levels of disruptive behaviour). The program involves six (2 ½ hour) group sessions that educate and actively train skills, and three (15 to 30 minute) individual telephone consultations to assist parents to refine the use of their parenting skills and to develop independent problem solving skills. A full behavioural and family assessment is completed before and after the group sessions.

Families suitable for course

Parents or caregivers of children with a disability (up to 12 years of age) who benefit from this program are those that require or are interested in learning a broad-based range of parenting skills to promote child development and to manage mild to moderate level challenging behaviours. The program is appropriate to assist parents to prevent the development of problem behaviour or to change problem behaviour if it is occurring. Parents need to be able to commit to six group sessions and three telephone consultations.

Outline of parent sessions

Session 1: Positive parenting. This session provides parents with an introduction to positive parenting, causes of child behaviour problems, setting goals for change, and how to keep track of children's behaviour.

Session 2: Promoting children's development. During this session, the practitioner discusses how to develop positive relationships with children and how to encourage desirable behaviour.

Session 3: Teaching new skills and behaviours. This session teaches parents a range of techniques to teach children with disabilities skills in a range of areas, such as communication, problem-solving, self-care, and self-regulation.

Session 4: Managing misbehaviour and parenting routines. The practitioner offers strategies to assist parents with managing misbehaviour during this session. Parents will also learn to develop parenting routines to encourage children to follow instructions.

Session 5: Planning ahead. This session covers family survival tips, identifying high-risk situations, and developing planning ahead routines to implement over the next few weeks. Parents also schedule and prepare for the telephone consultations.

Session 6-8: Implementing parenting routines 1-3. The telephone sessions begin with the practitioner providing assessment feedback to parents and noting progress that has been made. Then the sessions are designed to assist parents in implementing behaviour change strategies in high-risk home and community situations (e.g. travelling on public transport, haircuts, therapy sessions). The practitioner uses the self-regulatory feedback model to help parents identify goals for change and a problem-solving approach is used to assist parents to fine-tune any areas of difficulty.



Session 9: Program close. Parents return for a final group session to review progress, look at ways to maintain changes, problem solve for the future, and to bring closure to the program.

Family resources

Each family receives a copy of the Group Stepping Stones Triple P Workbook.

Time commitment

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

Course	Face to Face Consultation or Group Session Time	Questionnaire Scoring and Feedback - Pre and Post Assessment*	Telephone Support or Home Visit	Session Preparation and Post-Session Debrief/Supervision	Case notes and Report Writing**	Total Time
Group Stepping Stones Triple P	12 hours (2 hours per session for 6 weeks)	3½ hours (7 families on average per group)	10½ hours (7 families, 30 minutes each week for 3 weeks)	5 hours	3½ hours	34½ hours per group

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

**Not including comprehensive reports for government agencies.

Training Requirements

To provide Group Stepping Stones Triple P to families, practitioners must have completed an 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.

Course	Number of Training Days (9.00am - 4.30pm)	Pre-Accreditation Day (9.00am - 4.30pm)	Preparation Time for Accreditation Day	Accreditation Day	Peer Support	Total Time
Group Stepping Stones Triple P	3 days	1 day	4-6 hours (quiz and competency preparation)	Half day	2-3 hours (hourly meetings per month)	6 days

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

- Facilitator's Kit for Group Stepping Stones Triple P (includes Facilitator's Manual, Group Stepping Stones Triple P PowerPoint CD, and Group Stepping Stones Triple P Workbook); and
- Stepping Stones: A Survival Guide for Parents of Children with Disabilities [DVD].