



C.O.P.E. Family Support Center



Group Triple P

What is the course?

Group Triple P is a broad-based parenting intervention delivered over nine weeks for parents of children up to 12 years old who are interested in learning a variety of parenting skills. Parents may be interested in promoting their child's development and potential, or they may have concerns about their child's behavioral problems. The program involves seven (2 hour) group sessions and two one-on-one telephone parent coaching sessions of up to 12 parents.

Families suitable for the course

Parents or caregivers who benefit from Group Triple P are those who have concerns about their child's mild, moderate to severe level of behavioral problems or simply wish to prevent behavior 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. They usually want to learn a variety of parenting skills to apply to multiple contexts. Parents need to be able to commit to the whole nine sessions.

Parents learn:

Self-Regulatory	Teaching the participants skills that enable them to become independent problem solvers. Process whereby individuals re taught skills to modify their own behavior
Self-Management	Participants are responsible for the way they choose to raise their children, they can select the behavioral aspects they wish to work on (own and child), set goals and choose specific parenting strategies to use.
Self-Efficacy	Participant's belief that they can overcome or solve a parenting or behavior problem. They have more confidence and positive expectations about the possibility of change.
Personal Agency	Participants increasingly attribute changes or improvements in their situation to their own or their child's efforts rather than to chance, age, or other uncontrollable events (e.g. genetic make-up).
Problem Solving	Participant's ability to flexibly adapt or generalize what they have learned to new problems.
Self-Sufficiency	Participants becoming independent problem solvers so that they trust their own judgment and become less reliant on others in carrying out basic parenting responsibilities. They have the resilience, resourcefulness, knowledge and skills to parent with confidence.
Minimally Sufficient Intervention	The least amount of intervention required to achieve a meaningful outcome



C.O.P.E. Family Support Center

Outline of parent sessions¹

Orientation: Introduction to Triple P and Pre-Assessment. During the orientation session, the practitioner introduces parents to Group Triple P and gives a brief overview of what will be covered throughout the program. Parents will complete an assessment booklet measuring

- Parenting Style,
- Parent rating scale assessing child behavior problems
- Assess symptoms of depression, anxiety and stress in adults

Session 1: Positive Parenting. This session provides parents with an introduction to what is positive parenting, why children behave as they do and how to set goals for change.

Session 2: Helping children develop. During this session, the practitioner discusses how to develop good relationships with children, how to encourage good behavior, and the four stages for how parents can teach their children new skills and behaviors.

Session 3: Managing Misbehavior. The practitioner offers additional strategies to assist parents with managing misbehavior 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, how to develop planning ahead routines to promote good child behavior in high-risk situations (e.g. shopping, learning how to take turns, fighting with siblings, getting ready for school). Parents also prepare for their telephone consultations during this session.

Session 5-6: Using positive parenting strategies. During the telephone consultation, 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 7: Review and Post Questionnaires. During this session, parents will review the strategies learned throughout the program and complete their Post-Questionnaire booklets.

Session 8: Program 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 program. If necessary, referral options are discussed.

**For more information about Group Triple P, please call
C.O.P.E Family Support Center at (925) 689-5811**

¹ We offer an accelerated, 5-week version of this course