



Triple P Training Returns to Vancouver Island Fall 2010

VIHA and MCFD are pleased to inform you of an upcoming Triple P training opportunity. Two courses will be offered, both being Group Triple P. Each course will have 20 training spaces. The first will be held in Parksville from September 13 – 15, 2010. The second will be held in Duncan on September 16, 17 and 20, 2010. Each participant will be required to commit to attending all three days of training, followed by a half day accreditation. Accreditation will be held from November 15 – 18, 2010. Organizations requesting training spaces will be asked to commit to Guiding Principles and to delivering Triple P Groups/ services. The training is free of charge with the exception of travel expenses. To receive a Triple P training package, please contact :

cindy.knott@viha.ca.

Deadline for Applications is June 14, 2010



Ministry of Children and Family Development

TRIPLE P POSITIVE PARENTING PROGRAM

Vancouver Island Triple P Newsletter
Issue 5 Spring/Summer 2010

Dealing with the Challenges of Group Facilitation

In the last issue of the Vancouver Island Triple P Newsletter, some tips for the parent educator were shared and some important experiences from facilitators of Group Triple P were shared. In this issue, ideas for managing some of the challenges of the group process are featured.

Encouraging participation:

- Focus on the parent who is speaking without interruptions
- Use body and eye contact
- Repeat questions from participants
- Positively reinforce participation by acknowledging and praising
- Watch for non-verbal cues for participation
- Ensure seating arrangement is conducive to participation
- Use family-friendly, familiar words
- Speak loudly enough
- Allow silences following questions
- Do not become defensive when your views are challenged



Handling Misinformation:

- Deal with negative responses as positively as possible
- Use the group or selected members to share experiences
- Ignore minor negative comments
- Suggest speaking at more length with the facilitator after the group
- Share possibilities and suggestions rather than dictating; respond to the comment, not the attack
- Avoid blanket statements
- Read cues
- Identify participants' feelings





Triple P Countries of the World: Global Dissemination 1996 onwards...

Australia



New Zealand



Canada



United States



Ireland



Scotland



England



Wales



Iran



Curacao



Germany



Netherlands



Belgium



Switzerland



Sweden



Singapore



Japan



Hong Kong



Romania



Austria



Cont'd from pg. 1 Dealing with the Challenges of Group Facilitation

Handling Strong Feelings and Disagreements:

- Paraphrase the participants comments, after their response, recap his/her position in objective terms
- Deal empathically with defensive or upset parents, find merit in the comments made, express agreement, and move on
- Clarify your meaning and make sure the parent understands what you mean

The talkative parent:

- Refocus discussion that is off topic
- Be prepared to interrupt when the participant pauses for a breath redirect the group to the topic
- Directing attention away – body language, words
- Pick up on a positive comment and redirect to someone else
- Sum up her comments and shift discussion
- “Head off at the pass”

The quiet parent:

- Involve the parent in a small sub-group discussion and ask for a summary of the discussion
- Recognize his/her participation immediately and sincerely, encourage more
- Gently persist when parents are avoidant
- Reinforce group guidelines around participation and remind participants that everyone should have a turn to share
- Make eye contact and ask a simple question
- Ask during the break if there is some reason why they are quiet

Side conversations:

- Review group rules at the beginning
- Direct comments to the whole group, ask the participant to share the conversation with the group
- Save direct and forceful techniques for when necessary

The above information was taken from a presentation developed by Sharon Anderson, Facilitating Effective Groups: Process Issues. Sharon’s work comes from a variety of sources, including the La Leche League. She is a PHN acting as a Clinical Nurse Leader in Port Alberni, Tofino and Ucluelet and has done a lot of work with groups to support perinatal families experiencing social and health challenges. She is trained in Standard and Group Triple P. Incorporated into the information is Group Facilitation (www.see.ed.ac.uk/~gerard/MENG/MECD/topics.html: 1996).

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Cont'd from pg. 2 Dealing with the Challenges of Group Facilitation

Dealing with Resistance:

- Clarify what the parent is referring to and acknowledge their perception of the problem
- Clarify your meaning and make sure the parent understands what you mean
- Check the parent's reaction

Facilitators Manual for Group Triple P
(Turner, Markie-Dadds & Sanders, pg. 62-64, 2002)

Triple P on the Canadian Best Practices Portal

Triple P is now available to the public on the Canadian Best Practices Portal and can be viewed at:

<http://cbpp-pcpe.phac-aspc.gc.ca/intervention/632/view-eng.html>

The CBPP aims to maintain contact with program developers and implementers in hopes to continuously update data on the implementation of interventions. Please visit the portal and provide details about Triple P in your organization or practice. Your efforts and input can help reduce the barriers to success that others may encounter.

To have more questions answered and to find more information on process issues in parent consultations, visit www.triplep.org, log into the practitioner site, and click on "Your Questions Answered".

Triple P Marketing Information

Is your organization interested in receiving newspaper columns or brief articles for school/organization newsletters?

Triple P International and the Parenting and Family Support Centre at the University of Queensland have prepared some Triple P newspaper columns for use by organiza-

tions. Your organization is welcome to use these columns to help promote awareness of Triple P in your local area. The articles are made available under the following conditions: they are not to be altered in any way; Professor Matthew R. Sanders is to be recorded as the author on each column; and Triple P International is to be notified of the media source each time a column is published. They are available in PDF format or

in text to allow you to insert your own organization's contact information. If you are interested in featuring an article, accredited Triple P practitioners can access them on the Triple P Practitioners Network of the Triple P International website. Alternatively, you can contact Cindy Knott to obtain a copy.

Following is a list of available articles

Facing up to Bullying
Professor Matt Sanders

If your child is the victim of a school bully, you are far from alone. One in six children are bullied at least once a week, and recent research suggests about a third of victims rarely consider school a safe haven. It's no wonder, when you consider the potentially traumatic nature and effects of bullying. Teasing, threats, verbal abuse, harassment, exclusion from play, pushing, pinching, tripping and extortion can all lead to a significant loss of self-esteem. Children may become anxious and shy around other children, feel sick, suffer stomach pains, nightmares and sleep problems, or refuse to go to school. As parents we naturally want our child protected from such an experience and it is our responsibility to do something about it. Bullying should never be ignored or left to be sorted out by the young victims themselves. However it is often difficult to know exactly what to do when you discover your child is being bullied. Do you contact the bully's parents when your child fears that this tactic will only result in more bullying for being a "dobber"? This issue is a very real difficulty for children as well...

To help your own child deal effectively with a bully, encourage them to figure out reasons as to why it might be happening. Children will be more likely to try a new way of handling a problem if they understand why that problem is still occurring. For example, you might tell your child: "It sounds as if when they tease you they are



Cont'd on pg. 4 Triple P Newspaper Columns and Brief Articles



Cont'd from pg. 3 Triple P Newspaper Columns and Brief Articles

**Triple P Newspaper Columns and Brief Articles
By Professor Matt Sanders**

**Please share your
experience with
Triple P**

Any feedback you have on the Vancouver Island Triple P Newsletter or Triple P in your practice, or any suggestions you would like to make for future stories or features, please contact :

Cindy Knott
Vancouver Island Triple P
Coordinor
cindy.knott@viha.ca
Or
(250)519-6780

Also contact Cindy to obtain back issues of the Vancouver Island Triple P Newsletter.

<p>Avoiding Mealtime Madness Baby Blues Balancing Work and Family Dads Crack Under Pressure (balancing work and family) Being a Good Sport (short and long versions) Beating Bullies Challenging Beliefs (about raising children) Charting Rewards Christmas in Separated Families Top 5 Christmas Shopping Tips (planning ahead) Presents of Love (Christmas) Creative Arts (encouraging creativity) Creative Arts Help children Develop Discipline is Not a Dirty Word (short and long versions) Driving you Crazy (planning ahead-car trips) Top 10 Tips for Traveling in the Car Family Additions Fearful Feelings Getting Out the Door on Time (morning routines) Helping about the House (chores) Homework Habits Ineffective Punishment Learning How to Misbehave at Home (short and long versions) Learning to Speak (language) Lying Making Friends Parent Traps Parenting in 2006 (debate on "smacking") Problem Behaviour</p>	<p>A Sense of Self (self esteem) Self Esteem Separation Anxiety So Much More than Just Child's Play (play) Stopping Stealing Surviving Step Families Surviving the School Holidays Team Parents (supporting your partner) Television What's on the Box? (television) Telling Kids What to Do (rules) Ruling the Roost (rules) The 5 Steps to Positive Parenting (Principles of Positive Parenting)</p> <p>Teen Issues Battling Juvenile Crime (short and long versions) Dealing with Independence Fads and Fashion Making Good Use of the School Holidays Schoolies' Week (school break) Raising Responsible Teens Raising Responsible Teens – Part 2 Raising Responsible Teens – Part 3</p>
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