

TRIPLE P POSITIVE PARENTING PROGRAM

Vancouver Island Triple P Newsletter
Issue 9 Fall 2011

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Triple P Seminars

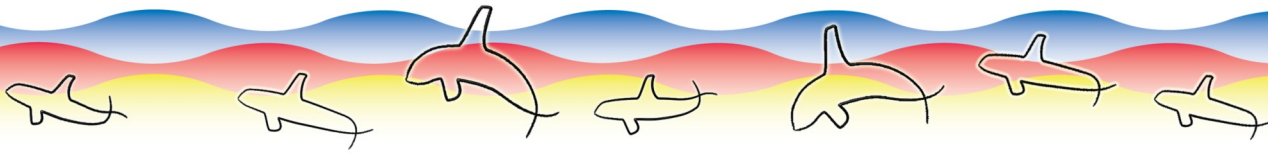
The Triple P system targets five different levels of intervention: Level 1, universal; Level 2, brief interventions in a one-to-one or seminar format; Level 3, narrow focus parent training; Level 4, broad focus parent training in a group or one-to-one format; and Level 5, behavioural family intervention modules. In this issue of our Newsletter, we are going to look at the Triple P Seminar Series, a Level 2, intervention. This variant of Triple P, consists of a series of presentations on positive parenting for groups of parents of children from 0—11 years. The seminars are designed to provide an overview and introduction to the principles of positive parenting for any interested parent. Parents learn how to use positive parenting to encourage children to learn the skills and competencies they need and to promote their health, development and wellbeing. The series comprises three 90-minute presentations. These seminars arose from a need to have a less intensive form of group parent training than is provided in the existing 8-session Group Triple P format.

Target Population

The principles and techniques of positive parenting are applicable to a wide variety of parents and children from diverse socioeconomic, cultural and ethnic backgrounds. The seminar series was designed as a flexible parent education resource that could serve a number of purposes, including providing an introductory orientation session to parents and professionals that would provide a brief overview of the key concepts and strategies used in Triple P, as part of an engagement strategy to encourage those parents who might benefit from participation in a more intensive group or individual Triple P intervention, or to provide a refresher or ‘booster’ session for parents who have already completed another level of intervention. On page 3 we feature an article written by a Triple P practitioner supporting families in the military community. This story provides an example of how Triple P seminars can be tailored for specialized populations.



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Seminars for Parents of Children Under 12 Years

Teen Seminars

There is also a series of Teen Triple P Seminars developed for families with children aged 11—14 years. They are not widely available on Vancouver Island. However, practitioners trained to deliver Group Teen Triple P may find some of the content and the accompanying Teen Seminar Series Tip Sheets useful in their day-to-day work. The teen topics are:

Raising Responsible Teenagers

This seminar presents 6 keys to promote the maturing process: taking part in family decision making, being respectful and considerate, being involved in family activities, developing a healthy lifestyle, being reliable, and being assertive.

Raising Competent Teenagers

This seminar focuses on how parents can encourage their teenagers to do well at school and succeed at work. Key ingredients are: developing

Cont'd on pg. 3 Teen Seminars

The following provides a description of each seminar in this series and summarizes the building blocks covered. Participants can generally attend any one of the seminars, or the entire series. Participants can come from a specific geographic area, can be families that fall under an organization's mandate, or might be part of the general population. The target audience is determined by an organization or individual practitioner.

The Power of Positive Parenting

Children of all ages need a safe and loving home to do well. Positive parenting is an effective approach to raising children that emphasizes the positive. It involves creating a family environment that is loving, supportive and predictable. This is important in raising healthy, well-adjusted children who have the skills and confidence they need to succeed at school and in their relationships with others. Positive parenting reduces the stress of parenting and makes parenting more rewarding and enjoyable.

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Raising Confident, Competent Children

The values, skills and behaviours to encourage in children are the choice of every individual parent. However, some core skills are important for everyone. Children are more likely to be confident, succeed at school and get along well with others when they develop certain life skills. These life skills include being respectful and considerate, communicating well with others, thinking positively and having healthy self-esteem, being a good problem solver, and becoming independent and able to do things for themselves.

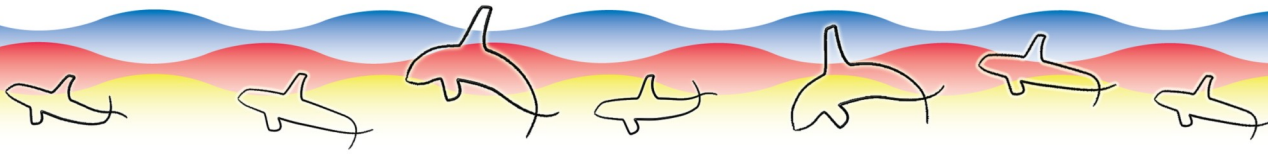
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Raising Resilient Children

One of the most important tasks of parenthood is helping children learn to deal with their emotions. All children experience periods of stress in their lives and need the emotional skills to deal with it. Children's emotional resilience, or ability to cope with their feelings, is important to their long-term happiness, well-being, and success in life. Emotional resilience involves six key skills: recognizing and accepting feelings, expressing feelings appropriately, having a positive outlook, developing effective ways of coping, being able to deal with negative feelings, and being able to deal with stressful life events.

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Cont'd from pg. 2 Teen Seminars



self-discipline, being a good problem solver, establishing good routines, getting involved in school activities, following school rules, and having supportive friends.

Getting Teens Connected

It is a challenge for parents of teenagers to know how best to help teenagers become positively involved with groups and individuals in the wider community. Every parent has to develop their own approach to encouraging and supporting their teenager as they explore new relationships and activities. Common goals include encouraging teenagers to be confident, be socially skilled, plan ahead, meet their commitments, keep in touch, and take care of others.

For a schedule of Triple P Seminars in Your Community, visit our Vancouver Island Triple P website at www.triplepvp.ca Click on "In My Community" or contact your local Triple P correspondent.

Presenting Triple P to the Military Community

by Pauline Sibbald

Prevention, Support and Intervention Coordinator

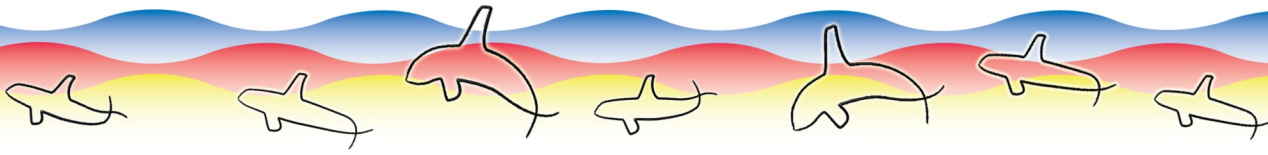
During their careers, Canadian Forces personnel are required to serve away from their families for a variety of reasons and for varying lengths of time. Families often face a loss of stability as relocation and frequent deployments interrupt the normal daily routines of life. Relocation and deployment are events that children have no control over and can lead to increased anxiety and escalating behavioural concerns. For these reasons parenting children within the military lifestyle can be challenging.

The Military Family Resource Centre (MFRC) offers a series of three Triple P seminars that provide military families with opportunities to engage in conversations regarding the unique challenges of raising children within the military lifestyle. The MFRC continues to adapt Triple P program delivery in response to community needs. Seminars offer an interactive and time limited forum for participants to gain valuable and practical information about parenting, effective discipline, and their role as nurturers.

Key Triple P themes discussed in seminars:

- Importance of maintaining routines while preparing for a family member to deploy.
- Reminding children that the same rules and limits apply while the parent/caregiver is away.
- Preparing a child emotionally prior to departure helps the child to cope as the military member leaves for training and deployment.
- Importance of observing and understanding the child's emotional triggers. Take cues from the child as each child adjusts, adapts, and reacts in their own way and at their own pace.
- Provide consistent, warm, loving assurance. Reassuring your child that you will help them manage while the military parent is absent.
- Encourage emotional resiliency. Recognize that children are perceptive to how the parent at home is feeling and how they are reacting. Importance of sharing feelings, modeling appropriate behaviour, and expanding emotional vocabulary.

Active engagement during the Triple P seminars provides military parents and partners with increased knowledge, skills and resources so that they have the capability to create a positive family environment. Our participants report they appreciate material presented within a limited timeframe and flexible seminar format. Additionally, the MFRC also provides an option for families to access one-on-one support to address specific issues identified and overall family wellness.



**Universal Triple P:
The Role of the Media in
Parenting
Interventions**

In October of 2008, Vancouver Island launched Universal Triple P, a broad-based media strategy to create awareness of Triple P, to normalize and destigmatize accessing supports for parenting issues, and to increase parental receptiveness to Triple P parenting messages. Media has the power to normalize, educate and raise awareness because of its wide reach. Through media, we can also provide basic knowledge to parents that can be built on by professionals, where necessary.

A Triple P media working group has been established to develop a second wave of Universal Triple P strategies.

**Watch for our next media blitz
in the spring of 2012.**

What are Families Telling us about Triple P Seminars?

Part of the process of delivering Triple P Seminars, is to collect feedback from participants. This help us to determine the effectiveness of this level of intervention. Parent Satisfaction Questionnaires gathered from seminars delivered in various locations across Vancouver Island, show the following:

| Seminar | % of Satisfaction |
|---------------------------------------|-------------------|
| The Power of Positive Parenting | 88% |
| Raising Confident, Competent Children | 90% |
| Raising Resilient Children | 89% |

And, on a final note, here's what participants are saying about Triple P seminars.....



- I felt everything was great for now situations and future.
- Was helpful, even just to reiterate things we all do but a reminder always helps bring it back into focus.
- The course was very well presented and gave lots of opportunity for interaction.
- Everything was, and is, going to be helpful.
- Seminars get better and reinforce more strategies as we continue to attend.
- I felt I learned a lot and interested in learning a lot more.
- Open discussion at the end was good for questions.
- Thank you. This was an excellent course.
- Emotional resilience is so important as it sets the tone for everything else.
- Good overview to determine interest in next course.
- Content was chunked into digestible pieces. Focal points were limited and memorable.



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