



PRIMARY CARE TRIPLE P

WHAT IS PRIMARY CARE TRIPLE P?

A brief targeted intervention in a one-to-one format that assists parents to develop parenting plans to manage behavioral issues (e.g. tantrums, fighting, going shopping) and skill development issues (e.g. eating independently, toilet training, staying in bed at night). These focused consultations can be carried out by health professionals in the course of providing routine health care. Practitioners provide 3-4 sessions (15-30 minutes each) over a period of 4-6 weeks. Sessions can be done in person, over the phone, or as a combination of both.

WHO IS IT FOR?

Parents or caregivers with a specific concern about their child's behavior and prefer one-to-one consultations. They are likely to benefit when their child's behavior problems are mild and uncomplicated by a high level of family stress. Parents receiving this intervention sometimes then choose to do a Group Triple P course if problems persist.

WHAT IS COVERED IN SESSIONS WITH PARENTS?

Session 1: Assessment of the presenting problem In this session, the practitioner conducts an initial interview, discusses options for intervention, and introduces the parent to keeping track of their child's behavior.

Session 2: Developing a parenting plan

In this session, the practitioner provides the parent with feedback of assessment results, helps the parent identify causes of their child's behavior problem, and helps to set goals for change. Then the practitioner introduces a relevant tip sheet which offers ideas from which to develop an individualized parenting plan to target the parent's specific behavior concern.

Session 3: Review of implementation

In this session, the practitioner uses a self-regulatory feedback process to assist the parent to review their implementation of their parenting plan and to set goals for further refinement if needed. Behavioral rehearsal in this session is used when parents need to rehearse specific parenting techniques. Obstacles to the implementation of their plan are discussed and problem-solved.

Session 4: Follow up

In this session, the practitioner reviews progress toward specific goals, assists the parent to further refine their parenting plan if needed, and discusses ideas to maintain positive changes. If necessary, referral options are discussed.

WHAT RESOURCES DO PARENTS RECEIVE?

Each family receives up to three Triple P Tip Sheets relevant to the targeted problem behavior/s and a Positive Parenting Booklet.

Attend online or in-person with one of our accredited Practitioners at a time flexible to your needs.

Fees:

- Online: £445.00
- In Person: £595.00

Instalment Plans Available.