



# Standard Triple P Session 1 Summary



Use this as a guide and as a record of what you covered in the session. Indicate with a tick  if the item was covered. Leave blank if the item was omitted.

Client number: ..... Date of session: .....

Start time: ..... Finish time: .....

## Content Checklist

### 01. Introduction \_\_\_\_\_

- Welcome and self-introduction

### 02. Agenda \_\_\_\_\_

- Provide an overview of the session (outline proposed session goals and gain consent from the parent/s)
  - Intake interview (discussion of each parent's main concerns about their child's behavior, factors influencing the child's behavior, and obstacles to change)
  - Keeping track of children's behavior

### 03. Intake Interview \_\_\_\_\_

- Exercise 1: Sharing information

#### Family Details

- Obtain identifying information

#### Referral Source

- Establish the source of referral

#### Diagnostic Information

- Record any available diagnostic information

#### Child Behavior

- Discuss each parent's main concerns about their child's behavior (nature, context, intensity, onset, course, frequency, duration)
- Use the questionnaires as a prompt if necessary

#### Parenting Skills

- Explore current parenting strategies

#### Previous History of Psychological Help

- Ask about any previous help sought for the child

#### Factors Influencing Child Behavior

- Obtain a developmental history for the child
- Explore the child's educational history

#### Obstacles to Change

- Discuss family circumstances and history
- Review family relationships and interaction
- Discuss parental adjustment

#### Health Status

- Review the child's health status
- Review the parent/s' health status

#### Parent/s' Perception of the Problem

- Discuss each parent's ideas about their child's current behavior problems



# Standard Triple P Session 1 Summary



### Parent/s' Expectations

- Discuss each parent's expectations for the intervention process

### 04. Keeping Track of Children's Behavior

- Introduce monitoring of children's behavior
- Decide on the target behavior/s to monitor
- Exercise 2: Choosing what to monitor
- Devise a system for keeping track of the target behavior/s
- Explain the monitoring form/s chosen
- Exercise 3: Keeping track

### 05. Session Close

- Review the session
- Explain homework tasks
  - Monitor the target child behavior/s
  - Note any important information not discussed in the session
  - Read Session 2 in *Every Parent's Family Workbook* (and, if available, watch *Every Parent's Survival Guide Part 2: Causes of Child Behavior Problems, Goals for Change*) and make a start on the exercises
  - Ensure *Assessment Booklet One* is completed and returned prior to the next session
- Schedule the next appointment (prompt the parent/s to bring their child to the next session)
- Close the session (outline the content of the next session and thank the parent/s for attending)

### 06. Interview the child's teacher if required (arrange parental permission)

- Explore the child's general adjustment to school
- Ask about classroom and playground behavior
- Review academic achievement
- Discuss peer relationships
- Ask about any assistance to date

### Session Notes

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### Additional Agenda Items (note any additional content or major deviation from the set program)

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# Standard Triple P Session 1 Summary



## Homework Tasks

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Signed: ..... Date completed: .....



# Standard Triple P Session 2 Summary



Use this as a guide and as a record of what you covered in the session. Indicate with a tick  if the item was covered. Leave blank if the item was omitted.

Client number: ..... Date of session: .....

Start time: ..... Finish time: .....

## Content Checklist

### 01. Agenda \_\_\_\_\_

- Provide an overview of the session (outline proposed session goals and gain consent from the parent/s)
  - Interview with the child (if appropriate)
  - Brief update and review of homework
  - Observation of parent–child interaction
  - Feedback of assessment results and summary of main areas of concern
  - Causes of child behavior problems
  - Goals for change
  - Intervention negotiation

### 02. Interviewing the Child \_\_\_\_\_

- Ask about the presenting problem
- Check if there are any associated problems
- Talk about social and peer relationships
- Check for any school issues
- Complete a mental status examination
- Provide a summary and thank the child

### 03. Review \_\_\_\_\_

- Obtain a brief update (current family situation, information not covered in previous session)
- Review homework (monitoring, reading/viewing and workbook exercises)

### 04. Observation of Parent–Child Interaction \_\_\_\_\_

- Set up an observation of parent–child interaction
- Exercise 1: Interacting with your family
- Thank the parent/s and child (debrief at completion of observation task)

### 05. Feedback of Assessment Results \_\_\_\_\_

- Formulate hypotheses
- Set the child up with an activity
- Explain the feedback process
- Exercise 2: Sharing assessment findings
- Discuss the data from each information source (interview, questionnaires, monitoring, observation) and keep a record of the baseline rates of the problem behavior/s.
- Provide an integrating summary



# Standard Triple P Session 2 Summary



## 06. Causes of Child Behavior Problems

- Outline the purpose of discussing causes of child behavior problems
- Introduce causes of child behavior problems
- Exercise 3: Identifying causes of child behavior problems
- Share your own observations (if necessary)
- Ask the parent/s for any additional factors not listed
- Provide an integrating summary

## 07. Goals for Change

- Exercise 4: What skills should we encourage in children?
- Exercise 5: Setting goals for change (note the parent/s' goals)

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## 08. Intervention Negotiation

- Introduce the format of Standard Triple P
- Negotiate an intervention plan

## 09. Session Close

- Review the session
- Explain homework tasks
  - Monitor the target child behavior/s
  - Read Session 3 in *Every Parent's Family Workbook* (and, if available, watch *Every Parent's Survival Guide* Part 1: What is Positive Parenting? and Part 3: Promoting Children's Development) and make a start on the exercises
- Schedule the next appointment (prompt the parent/s to leave their child with carers for the next session)
- Close the session (outline the content of the next session and thank the parent/s and child for attending)

### Session Notes

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### Additional Agenda Items (note any additional content or major deviation from the set program)

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# Standard Triple P Session 2 Summary



## Homework Tasks

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Signed: ..... Date completed: .....



# Standard Triple P Session 3 Summary



Use this as a guide and as a record of what you covered in the session. Indicate with a tick  if the item was covered. Leave blank if the item was omitted.

Client number: ..... Date of session: .....

Start time: ..... Finish time: .....

## Content Checklist

### 01. Agenda \_\_\_\_\_

- Provide an overview of the session (outline proposed session goals and gain consent from the parent/s)
  - Review of previous session, brief update and review of homework
  - Principles of positive parenting
  - Strategies for promoting children’s development (developing positive relationships with children, encouraging desirable behavior, teaching new skills and behaviors)

### 02. Review \_\_\_\_\_

- Recap main points from Session 2 (sharing of assessment findings, causes of child behavior problems, goals for change in child’s and own behavior)
- Obtain a brief update (changes in child behavior)
- Review homework (monitoring, reading/viewing and workbook exercises)

### 03. What is Positive Parenting? \_\_\_\_\_

- Introduce the principles of positive parenting
- Exercise 1: What is positive parenting?

### 04. Promoting Children’s Development \_\_\_\_\_

- Provide a rationale for strategies for promoting children’s development

### 05. Developing Positive Relationships With Children \_\_\_\_\_

- Provide a rationale for developing positive relationships with children
- Introduce quality time and complete Exercise 2: Ideas for quality time
- Introduce conversing with children and complete Exercise 3: Things to talk about
- Introduce showing affection to children and complete Exercise 4: Ways to show affection

### 06. Encouraging Desirable Behavior \_\_\_\_\_

- Provide a rationale for encouraging desirable behavior
- Introduce descriptive praise and complete Exercise 5: How to give descriptive praise
- Introduce giving attention and complete Exercise 6: Ways to give attention
- Introduce engaging activities and complete Exercise 7: Ideas for engaging activities

### 07. Teaching New Skills and Behaviors \_\_\_\_\_

- Provide a rationale for teaching new skills and behaviors
- Introduce setting a good example and complete Exercise 8: Ways to set a good example
- Introduce incidental teaching and complete Exercise 9: Ideas for using incidental teaching
- Introduce Ask, Say, Do and complete Exercise 10: Ideas for using Ask, Say, Do
- Introduce behavior charts and complete Exercise 11: Setting up a behavior chart



# Standard Triple P Session 3 Summary



## 08. Session Close □

- Review the session
- Explain homework tasks
  - Practice and monitor use of two strategies for promoting children’s development
  - Check ideas for rewards for behavior chart with child
  - Prepare a behavior chart
  - Monitor the target child behavior/s
  - Read Session 4 in *Every Parent’s Family Workbook* (and, if available, watch *Every Parent’s Survival Guide Part 4: Managing Misbehavior*) and make a start on the exercises
- Schedule the next appointment (prompt the parent/s to leave their child with carers for the next session)
- Close the session (outline the content of the next session and thank the parent/s for attending)

### Session Notes

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### Additional Agenda Items (note any additional content or major deviation from the set program)

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# Standard Triple P Session 3 Summary



## Homework Tasks

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Signed: ..... Date completed: .....



# Standard Triple P Session 4 Summary



Use this as a guide and as a record of what you covered in the session. Indicate with a tick  if the item was covered. Leave blank if the item was omitted.

Client number: ..... Date of session: .....

Start time: ..... Finish time: .....

## Content Checklist

### 01. Agenda \_\_\_\_\_

- Provide an overview of the session (outline proposed session goals and gain consent from the parent/s)
  - Review of previous session and homework
  - Managing misbehavior
  - Developing parenting routines
  - Finalizing behavior charts

### 02. Review \_\_\_\_\_

- Recap main points from Session 3: principles of positive parenting; promoting children's development by developing positive relationships with children (quality time, talking with children, showing affection); encouraging desirable behavior (descriptive praise, providing attention, selecting engaging activities); teaching new skills and behaviors (setting a good example, incidental teaching, Ask, Say, Do, behavior charts)
- Review homework (implementing two strategies, deciding on rewards, preparing behavior chart, monitoring, reading/viewing and workbook exercises)

### 03. Managing Misbehavior \_\_\_\_\_

- Provide a rationale for strategies for managing misbehavior
- Introduce ground rules and complete Exercise 1: Deciding on ground rules
- Introduce directed discussion and complete Exercise 2: Ideas for using directed discussion
- Introduce planned ignoring and complete Exercise 3: Ideas for using planned ignoring
- Introduce clear, calm instructions and complete Exercise 4: Ideas for giving clear, calm instructions
- Introduce logical consequences and complete Exercise 5: Choosing logical consequences
- Introduce quiet time and complete Exercise 6: Preparing to use quiet time
- Introduce time-out and complete Exercise 7: Preparing to use time-out

### 04. Developing Parenting Routines \_\_\_\_\_

- Introduce the compliance routine and complete Exercise 8: Using the compliance routine
- Introduce the behavior correction routine and complete Exercise 9: Using the behavior correction routine

### 05. Finalizing Behavior Charts \_\_\_\_\_

- Exercise 10: Consequences for behavior charts



# Standard Triple P Session 4 Summary



## 06. Session Close



- Review the session
- Explain homework tasks
  - Decide on and discuss ground rules
  - Practice and monitor use of strategies for managing misbehavior
  - Put behavior chart into practice
  - Monitor the target child behavior/s
  - Read Session 5 in *Every Parent's Family Workbook* and prepare for the practice session
- Schedule the next appointment (prompt the parent/s to have their child with them for the next session)
- Explain the format of practice sessions
- Close the session (thank the parent/s for attending)

### Session Notes

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### Additional Agenda Items (note any additional content or major deviation from the set program)

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### Homework Tasks

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Signed: ..... Date completed: .....

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# Standard Triple P Session 5 Summary



Use this as a guide and as a record of what you covered in the session. Indicate with a tick  if the item was covered. Leave blank if the item was omitted.

Client number: ..... Date of session: .....

Start time: ..... Finish time: .....

## Content Checklist

### 01. Agenda

- Establish an agenda (negotiate the session goals with the parent/s)
  - Practice task
  - Self-evaluation, feedback and goal setting
  - Review of homework
  - Additional agenda items

### 02. Practice Task

- Review the rules
- Review the parent/s' goals for the practice task as listed in Exercise 1: Setting goals for the practice task
- Check how the parent/s feel
- Prompt the parent/s to complete Exercise 2: Keeping track of what you do, as part of the practice task
- Begin the practice task (on a Practice Session Observation Form, keep a tally and note examples of descriptive and general praise comments, and specific and vague instructions; note strengths and weaknesses in incidental teaching and back-up consequences)

### 03. Feedback

- Set up to conduct self-evaluation and feedback (prompt the parent/s to set their child up in an activity and to encourage independent play)
- Exercise 3: Reviewing the practice task (use the minimal amount of prompting to help the parent/s identify their strengths and weaknesses, shape the parent/s' skills as appropriate)

### 04. Goal Setting

- Set goals for behavior change (prompt the parent/s to set specific goals for practice before and during the next session)

### 05. Homework Review

- Discuss homework tasks (setting ground rules, implementation of behavior chart, use of positive parenting strategies, monitoring)

### 06. Additional Agenda Items

- Discuss any additional agenda items
- Use minimal prompts to help the parent/s solve problems
- Note any additional content or major deviation from the set program

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# Standard Triple P Session 5 Summary



## 07. Session Close



- Review the session
- Check homework tasks
  - Practice skills as per goals set in this session
  - Reading
  - Monitor the target child behavior/s
  - Prepare for the next practice session (set goals for the practice task and record them in Exercise 1 in Session 6 of *Every Parent's Family Workbook*)
- Schedule the next appointment (prompt the parent/s to have their child with them for the next session)
- Close the session (thank the parent/s for participating)

### Session Notes

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### Additional Agenda Items (note any additional content or major deviation from the set program)

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### Homework Tasks

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Signed: ..... Date completed: .....



# Standard Triple P Session 6 Summary



Use this as a guide and as a record of what you covered in the session. Indicate with a tick  if the item was covered. Leave blank if the item was omitted.

Client number: ..... Date of session: .....

Start time: ..... Finish time: .....

## Content Checklist

### 01. Agenda

- Establish an agenda (negotiate the session goals with the parent/s)
  - Practice task
  - Self-evaluation, feedback and goal setting
  - Review of homework
  - Additional agenda items

### 02. Practice Task

- Review the rules
- Review the parent/s' goals for the practice task as listed in Exercise 1: Setting goals for the practice task
- Check how the parent/s feel
- Prompt the parent/s to complete Exercise 2: Keeping track of what you do, as part of the practice task
- Begin the practice task (on a Practice Session Observation Form, keep a tally and note examples of descriptive and general praise comments, and specific and vague instructions; note strengths and weaknesses in incidental teaching and back-up consequences)

### 03. Feedback

- Set up to conduct self-evaluation and feedback (prompt the parent/s to set their child up in an activity and to encourage independent play)
- Exercise 3: Reviewing the practice task (use the minimal amount of prompting to help the parent/s identify their strengths and weaknesses, shape the parent/s' skills as appropriate)

### 04. Goal Setting

- Set goals for behavior change (prompt the parent/s to set specific goals for practice before and during the next session)

### 05. Homework Review

- Discuss homework tasks (skills practiced, monitoring)

### 06. Additional Agenda Items

- Discuss any additional agenda items
- Use minimal prompts to help the parent/s solve problems
- Note any additional content or major deviation from the set program

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# Standard Triple P Session 6 Summary



## 07. Session Close



- Review the session
- Check homework tasks
  - Practice skills as per goals set in this session
  - Reading
  - Monitor the target child behavior/s
  - Prepare for the next practice session (set goals for practice task and record them in Exercise 1 in Session 7 of *Every Parent's Family Workbook*)
- Schedule the next appointment (prompt the parent/s to have their child with them for the next session)
- Close the session (thank the parent/s for participating)

### Session Notes

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### Additional Agenda Items (note any additional content or major deviation from the set program)

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### Homework Tasks

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Signed: ..... Date completed: .....



# Standard Triple P Session 7 Summary



Use this as a guide and as a record of what you covered in the session. Indicate with a tick  if the item was covered. Leave blank if the item was omitted.

Client number: ..... Date of session: .....

Start time: ..... Finish time: .....

## Content Checklist

### 01. Agenda \_\_\_\_\_

- Establish an agenda (negotiate the session goals with the parent/s)
  - Practice task
  - Self-evaluation, feedback and goal setting
  - Review of homework
  - Additional agenda items

### 02. Practice Task \_\_\_\_\_

- Review the rules
- Review the parent/s' goals for the practice task as listed in Exercise 1: Setting goals for the practice task
- Check how the parent/s feel
- Prompt the parent/s to complete Exercise 2: Keeping track of what you do, as part of the practice task
- Begin the practice task (on a Practice Session Observation Form, keep a tally and note examples of descriptive and general praise comments, and specific and vague instructions; note strengths and weaknesses in incidental teaching and back-up consequences)

### 03. Feedback \_\_\_\_\_

- Set up to conduct self-evaluation and feedback (prompt the parent/s to set their child up in an activity and to encourage independent play)
- Exercise 3: Reviewing the practice task (use the minimal amount of prompting to help the parent/s identify their strengths and weaknesses, shape the parent/s' skills as appropriate)

### 04. Goal Setting \_\_\_\_\_

- Set goals for behavior change (prompt the parent/s to set specific goals for practice before the next session)

### 05. Homework Review \_\_\_\_\_

- Discuss homework tasks (skills practiced, monitoring)

### 06. Additional Agenda Items \_\_\_\_\_

- Discuss any additional agenda items
- Use minimal prompts to help the parent/s solve problems
- Note any additional content or major deviation from the set program

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# Standard Triple P Session 7 Summary



## 07. Session Close



- Review the practice sessions
- Explain homework tasks
  - Practice skills as per goals set in this session
  - Reading
  - Monitor the target child behavior/s
  - Read Session 8 in *Every Parent's Family Workbook* (and, if available, watch the Going Shopping segment of *Every Parent's Guide to Preschoolers*) and make a start on the exercises
- Schedule the next appointment (prompt the parent/s to leave their child with carers for the next session)
- Close the session (provide a rationale for planned activities training, outline the content of the next session and thank the parent/s for participating)

### Session Notes

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### Additional Agenda Items (note any additional content or major deviation from the set program)

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### Homework Tasks

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Signed: ..... Date completed: .....



# Standard Triple P Session 8 Summary



Use this as a guide and as a record of what you covered in the session. Indicate with a tick  if the item was covered. Leave blank if the item was omitted.

Client number: ..... Date of session: .....

Start time: ..... Finish time: .....

## Content Checklist

### 01. Agenda \_\_\_\_\_

- Provide an overview of the session (outline proposed session goals and gain consent from the parent/s)
  - Review of practice sessions and homework
  - Update on progress
  - High-risk situations
  - Planned activities routines

### 02. Review \_\_\_\_\_

- Recap main points from the practice sessions
- Review homework (skills practiced, monitoring, reading/viewing and workbook exercises)

### 03. Update on Progress \_\_\_\_\_

- Exercise 1: Reviewing progress

### 04. High-Risk Situations \_\_\_\_\_

- Introduce high-risk situations
- Exercise 2: Identifying high-risk parenting situations

### 05. Planned Activities Routines \_\_\_\_\_

- Provide a rationale for planned activities
- Introduce the steps of the planned activities routine
- Discuss the use of practice sessions
- Use an example to illustrate an entire planned activities routine
- Exercise 3: Developing a planned activities routine
- Summarize planned activities

### 06. Session Close \_\_\_\_\_

- Review the session
- Explain homework tasks
  - Develop and try out planned activities routines for two high-risk situations and monitor the steps completed
  - Monitor the target child behavior/s
  - Prepare for Session 9 (develop a planned activities routine for encouraging independent play and prepare the checklist on page 123 in *Every Parent's Family Workbook*, arrange a fun activity for the session, plan an outing for after the session and note details on page 127)
- Schedule the next appointment (prompt the parent/s to bring their child to the next session)
- Close the session (outline the content of the next session and thank the parent/s for attending)



# Standard Triple P Session 8 Summary



## Session Notes

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## Additional Agenda Items (note any additional content or major deviation from the set program)

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## Homework Tasks

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Signed: ..... Date completed: .....