

METRO WEST TRIPLE P PRACTITIONERS NEWS

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*"It is easier to build
strong children than to
repair broken men."*

.....Frederick Douglass

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LEARN FROM EXPERIENCE REFLECTIVE PRACTICE IN TRIPLE P

Reflective practice is practice based professional learning. Practitioners learn from their own experiences rather than formal teaching or knowledge transfer.

As Triple P Practitioners, it is vital to continuously make a conscious practice of reflecting and learning from our delivery of Triple P.

When you deliver groups, seminars, self-directed sessions, preparing for and reflecting on a few basic questions, can improve your professional practice.

In this issue, there is a focus on:

- Key questions to help reflect on your work.
- Good facilitation skills when delivering groups.
- Working with parents who don't have access to their children on a full time basis.
- Tips when working with parents whose child is being bullied.

Happy reading!





WHAT MAKES A GOOD TRIPLE P FACILITATOR?

Being comfortable and proficient with the content of Triple P is one aspect to a successful group. Advanced Facilitation Skills can make the difference! What does this look like?

- It is the ability to draw out suggestions, comments and answers from participants that will help to learn from each other and make changes in their life.
- Encourage participation by allowing everyone to share in a safe, understanding and non-judgmental environment.
- Help participants consider and value each others point of view. Listen with the aim to understand.
- Help groups develop solutions that draw on the groups collective experience and ideas.
- Get good at asking questions rather than answering them!
- Manage the dynamics!
- Your role is to facilitate, not to be involved!

To improve your facilitation skills, why not attend FWT+DP's Advanced Facilitation Skills for Community Workers Training?

Wednesday, 14 August 2013 at the Novotel Rooty Hill

Click [here](#) for a preview of the training.

Click [here](#) to register.

WORKING MANDATED PARENTS

Here are some examples of how the homework can be adapted to suit the needs of parents who are not caring for their child/ren on a full time basis.

- **Session 1:** Problem behaviour record. This can be used to monitor their own behaviour, that is, a behaviour that they would like to change.
- **Session 2:** Choose two positive strategies to try and record results. Have parents choose someone who they have regular contact with and encourage them to practice these skills. Encourage parents to give themselves positive feedback around their efforts.
- **Session 3:** Monitor a child's behaviour and use a behaviour chart. Prompt parents to think about daily tasks they are struggling with and help them create an incentive system, like a behaviour chart.
- **Session 4:** Planned Activity Routine for a high risk situation. This can be a planning exercise for when parents have access to their children. Avoid putting parents in a position where they manage misbehaviour when they have only limited time with their children. Have them plan how they can self-regulate by creating a coping plan for high risk situations.

REFLECTING ON YOUR PRACTICE

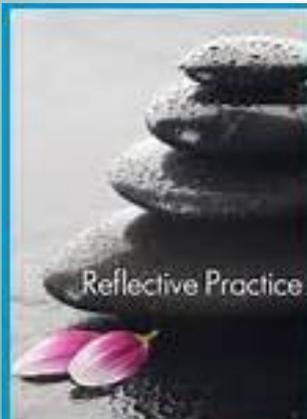


You are the your own teacher. Your experiences are a source for learning ; they can guide and influence learning opportunities through a process of reflection.

The key to reflective practice is that it is *a conscious process* before, during and after a group/meeting/interview/action etc. to reflect on what is being said and done in such a way that we get the result we are after.

You take the time to notice:

- What happened (what was the context, what are people doing, what you said, what they said, what happened before the group/interview/meeting/etc.)?
- How you felt about what happened?
- What have you learnt from that experience?
- What was effective and what are some areas that need improving?
- How it will influence your behavior in the future?



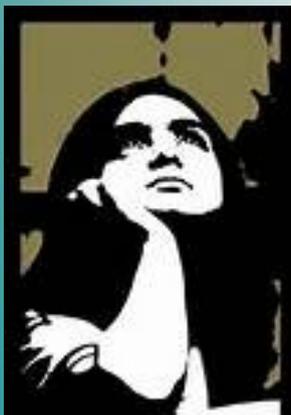
The benefits of reflecting on practice?

- It leads to greater self awareness – and positive change.
- It helps to identify and question your underlying values and beliefs.
- It helps to acknowledge and challenge the assumptions which base your ideas, feelings and actions.
- It helps to recognise areas of potential bias or discrimination.
- It helps to identify confidence levels or fears are holding you back.
- It helps to identify, celebrate and build on strengths & effective practice.
- It helps to identify what changes are needed to improve practice.
- It is an opportunity to learn from your experiences.
- It allows you to take responsibility for your own learning and action.
- It helps building capacity, knowledge and ongoing practice.



How can you use reflective practice?

- Individuals (personal/professional/prepare for supervision/training).
- Peers / teams (team meeting /one on one supervision).



A combined network meeting will be held on:

Wednesday 28 August 2013

At Anglicare Mt. Druitt, 91A Kurrajong Ave, Mt Druitt

1pm—4pm (light lunch provided)

We will conduct a reflective practice process.

Don't miss this, it will be worth it!

CHILDREN & BULLYING

How do you work with parents who share that their child is being bullied? Here are some tips for your toolkit.

- Teach parents how to ask the right questions of their children: Who? When? Where? Why do you think they are doing it? What did they do to them?
- Encourage the parent to spend time talking the incident/s through with their child.
- Parents should then talk to the school.
- Leave it with the teacher to investigate the problem. This may take some time.
- If the problem continues, parents should approach the school again.
- Teach parents to help their child become resilient and help them to problem solve (which is one of the Triple P strategies – Ask Say Do).

An excellent, fun and interactive website for information on bullying for parents, teachers and children is www.bullyingnoway.gov.au



DID YOU KNOW?

One of the key ways to overcome bullying is by working with bystanders. Statistics show that 85% of bullying is stopped within 10 seconds if the bystanders say something to stop the bully.

SHARE YOUR STORIES

Why not share one of your stories of things you are doing well or things you have learnt while delivering Triple P.

We would love to hear about it and it may just help other practitioners experiencing the same thing!

Would you like to see something included in the newsletter? We'll do our best to put it in.

Email jenniferb@fwtdp.org.au



To find Family Worker Training + Development Programme on Facebook Click [here](#) & 'Like' us!

Did you know that there is a Triple P Parenting Podcast on ABC Radio?

You can find it [here](#)

You can also download it on an Apple smart phone!



At the Triple P Practitioners' Development Day on 13th March 2013, FWT+DP was fortunate to have one of Matt Sanders' presentations recorded on video.

In the presentation, he talks about:

- Creatively delivering Triple P
- Self-regulation in parents
- Peer Assessment and Support

The presentation goes for 2 hours. It is in a 2-part series. You can find the link on YouTube:

Part 1:
<http://www.youtube.com/watch?v=PdQkj6wQftI>

Part 2:
<http://www.youtube.com/watch?v=fEppl4SCdE>