

# 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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## BEST PRACTICE TIPS IN TRIPLE P DELIVERY

**B**est practice is a method or technique that has consistently shown superior results compared to other practices. It is a way to 'benchmark' work practice and used to maintain quality.

In relation to the delivery of Triple P, the way in which we deliver our seminars and groups to a varied and diverse community, requires a closer look into best practice strategies.

In this issue, several practitioners talk about their best practice when working with different groups in the community.

We look, specifically, at working with:

- Fathers
- Aboriginal families
- Co-facilitators

This issue also features:

- Children and screen time—NSW Health recommendations
- Keeping costs down when running Triple P

Enjoy the second edition of the *Metro West Triple P Practitioners News*.





## TRAINED IN CULTURE: BEST USE OF CO-FACILITATORS

Since Triple P Head Office announced that they will no longer be paying for workers to be trained in Triple P, there may be a shortage of trained practitioners in the long term.

In order to sustain the delivery of the program, practitioners are encouraged to look for co-facilitators who are not necessarily trained in Triple P, but someone who is familiar with the client group, and has good facilitation and interpersonal skills.

This allows practitioners more flexibility to deliver Triple P.

The Triple P Network in your area is a great way to find out who can help. Contact Jennifer on [jenniferb@fwtdp.org.au](mailto:jenniferb@fwtdp.org.au) to find out more.



## WORKING WITH FATHERS

**When fathers benefit, women and children benefit also and families are strengthened. Bruce Chan from BCS, offers these tips when working with fathers.**



- Where possible, engage an appropriate male co-facilitator
- Use male, strength based language when advertising a program; such as 'For dads, fathers, pops, uncles, grandfather's', 'toolkit with hints, tips and strategies...'
- Know your information and meet the objectives of Triple P
- Add VALUE by making sure they leave with something useful
- Emotionally connect with them in some way
- Challenge them with something they can try out and observe at home, for example 'positive praise'
- Get comfortable working with men, observe others who work with men
- Don't guess or assume what they may be thinking... ASK!
- Listen to what they have to say
- Make them feel comfortable, as it is likely to be their first group
- Men like to 'fix' things. Try to reframe the objective and message of Triple P in a similar way
- Use their examples and words, where possible.
- Get them to share between themselves and then feedback to the larger group
- Avoid telling them, but gently direct them





## WORKING WITH ABORIGINAL FAMILIES & COMMUNITY

**Engaging Aboriginal families and community in the delivery of Triple P helps provide a successful program.**

**Debbie Leishman, Building Strong Foundations, offers these tips when working with Aboriginal families and community.**



- Partner with an Aboriginal specific organisation, if possible, engage Indigenous workers and community elders in the delivery of the group
- Transport, childcare and catering are a must! Food is important for Aboriginal people. It is a 'gathering' which gives them an opportunity to talk and get to know each other
- Aboriginal people like familiarity. It is important that, where possible, the group is familiar with the facilitators
- Having Aboriginal community leaders is significant in reinforcing and legitimising the strategies and content
- Have Welcome to Country given by an elder
- Dress casually
- Set up the tables in a line or circle, rather than a 'U' shape and sit amongst the group
- In delivery, include lots of crafts and plenty of time for lunch (30 mins)
- Share your own stories (within reason). Aboriginal families like to hear your own stories
- Extend the number and length of sessions (e.g. 3 hour x 7 face to face sessions). This allows for more time for yarning
- It may be worth meeting at neutral ground, that is, take the program outside, under a tree, in a park, etc
- Listen to what the Aboriginal families/community/elders/ organisations have to say
- Be part of Aboriginal community events
- Slowly get to know the Aboriginal families and community and build trust



## CHILDREN & SCREEN TIME

**We've all heard parents say that television can be a great babysitter. However, children spending too much time on screens can impact on their short and long term physical, psychological and emotional health and wellbeing.**

Screen time refers to the time spent on any screen, including, television, computer, DVDs, playing games on television (Xbox), ipad, iphone, etc. The recommendations on restriction are related to the entertainment level not the educational level.

The following recommendations are those endorsed by NSW Health:

0-2 years: no screen time

3-5 year: less than 1 hour per day

5-16 years: less than 2 hours per day

For more information, go onto [http://raisingchildren.net.au/articles/screen\\_time.html](http://raisingchildren.net.au/articles/screen_time.html)



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>

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

You can find it at:

<http://www.abc.net.au/local/stories/2009/02/03/2481348.htm>

You can also download it on an Apple smart phone!

## KEEPING COSTS DOWN

**One of the setbacks to running Triple P is the costs involved in running it. Here are some tips to keep costs down:**

- Work in partnership with other organisations
- Use a low cost venue (e.g. school, community centre)
- Use community based child care services such as Roving Childcare, Mobile Mountain Minders, Holroyd Parramatta Mobile Minders
- Where possible, deliver training within working hours
- Buy catering supplies in bulk, e.g., biscuits, tea, coffee, etc

Family Worker Training + Development Programme has one-off limited funding to contribute to the cost of NGOs running Triple P.

An NGO can apply for up to \$1000 reimbursement for running a group and \$500 for running a seminar series. This is for the costs of childcare, venue, transport, translation, promotion and working outside normal hours. A detailed invoice must be provided.

For the criteria and further information, contact Jennifer at [jenniferb@fwtdp.org.au](mailto:jenniferb@fwtdp.org.au)

