



# Group Lifestyle Triple P Session 1 Checklist



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.

Date: ..... Number of participants: .....

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

## Content checklist

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

- Welcome parents and introduce yourself
- Collect completed *Questionnaire Booklet One*
- Provide an overview of Group Lifestyle Triple P

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

- Provide an overview of the session

### 03. Working as a group \_\_\_\_\_

- Exercise 1: Setting basic ground rules for the group
- Exercise 2: Getting to know you
- Check questionnaire booklets (return to parent if incomplete)
- Exercise 3: What you would like to get out of the programme

### 04. What does 'overweight' mean? \_\_\_\_\_

- Define 'overweight' and list the associated problems
- Discuss possible causes (genetic versus environmental)

### 05. How can overweight be treated? \_\_\_\_\_

- Explain the importance of making gradual changes in family lifestyle
- Outline the components of Lifestyle Triple P (nutrition, physical activity, positive parenting)

### 06. Readiness for change \_\_\_\_\_

- Exercise 4: Identifying obstacles to change
- Exercise 5: Listing some motivating statements
- Exercise 6: Declaration of commitment

### 07. Keeping track \_\_\_\_\_

- Hand out copies of *Keeping Track Booklet One*
- Exercise 7: Keeping track of food intake and activity

### 08. Session close \_\_\_\_\_

- Review the main issues covered in the session
- Explain why homework is important
- Explain the homework tasks (keeping track of child food intake and activity for 3 days)
- Outline the content of the next session (increasing children's self-esteem, assessing child food intake)
- Thank parents for their participation



# Group Lifestyle Triple P Session 1 Checklist



**Pre-group assessment** (list the names of families still to return *Questionnaire Booklet One*)

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**Session notes** (include items that were omitted, any additional content, issues you would like to follow up in the next session)

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**Self-evaluation** (note something that you did well, anything you would do differently next time, issues you would like to discuss in supervision)

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Signature: ..... Date completed: .....



# Group Lifestyle Triple P Session 2 Checklist



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.

Date: ..... Number of participants: .....

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

## Content checklist

### 01. Agenda .....

- Welcome parents and thank them for being ready to start at the agreed time
- Provide an overview of the session

### 02. Review .....

- Review Session 1 (what overweight means and how it can be treated, obstacles and benefits to making changes in family lifestyle, keeping track of child lifestyle patterns)
- Check how parents went completing *Keeping Track Booklet One*

### 03. Increasing children's self-esteem .....

- Introduce the strategies for increasing children's self-esteem
- Show DVD segments: Spend quality time; Talk to your child; Show affection
- Exercise 1: Ideas for spending time together
- Exercise 2: Things to talk about
- Exercise 3: Ways to show affection

### 04. Changing eating behaviour .....

- Explain why restrictive diets are not recommended

### 05. Food groups and nutrients .....

- Discuss the food groups, the main nutrients within each group, the healthiest options within each group

### 06. Daily food serves .....

- Introduce the recommended daily serves
- Exercise 4: Working out daily food serves

### 07. Nutrition goals .....

- Exercise 5: Setting nutrition goals
- Remind parents to introduce changes in family nutrition gradually

### 08. Session close .....

- Review the main issues covered in the session
- Explain the homework tasks (setting a goal for using one of the strategies for increasing children's self-esteem and keeping track of how it goes)
- Outline the content of the next session (encouraging healthy behaviour, assessing activity levels, increasing incidental activity, reducing sugar intake)
- Thank parents for their participation



# Group Lifestyle Triple P Session 2 Checklist



**Session notes** (include items that were omitted, any additional content, issues you would like to follow up in the next session)

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**Self-evaluation** (note something that you did well, anything you would do differently next time, issues you would like to discuss in supervision)

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Signature: ..... Date completed: .....



# Group Lifestyle Triple P Session 3 Checklist



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.

Date: ..... Number of participants: .....

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

## Content checklist

### 01. Agenda .....

- Welcome parents and thank them for being ready to start at the agreed time
- Provide an overview of the session

### 02. Review .....

- Review Session 2 (increasing children's self-esteem, food groups and nutrients, nutrition goals)
- Check how parents went using the strategies for increasing children's self-esteem

### 03. Encouraging healthy behaviour .....

- Introduce the strategies for encouraging healthy behaviour
- Show DVD segments: Praise; Attention
- Exercise 1: Praising your child
- Exercise 2: Ways to set a healthy example

### 04. Trying new foods .....

- Discuss the ideas for managing fussy eating
- Exercise 3: Getting children to eat vegetables

### 05. The importance of physical activity .....

- Discuss the benefits of physical activity
- Introduce the physical activity guidelines
- Exercise 4: Working out your child's activity levels

### 06. Physical activity goals .....

- Exercise 5: Setting physical activity goals

### 07. Increasing incidental activity .....

- Define 'incidental activity'
- Discuss making family leisure time active
- Discuss using active transport

### 08. Reducing sugar intake .....

- Discuss replacing foods high in added sugar
- Discuss providing water as the main drink



# Group Lifestyle Triple P Session 3 Checklist



**09. Session close** \_\_\_\_\_

- Review the main issues covered in the session
- Explain the homework tasks (setting four goals for using the Session 3 strategies and keeping track of how it goes)
- Outline the content of the next session (using behaviour charts, reducing fat intake, modifying recipes)
- Thank parents for their participation

**Session notes** (include items that were omitted, any additional content, issues you would like to follow up in the next session)

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**Self-evaluation** (note something that you did well, anything you would do differently next time, issues you would like to discuss in supervision)

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Signature: ..... Date completed: .....



# Group Lifestyle Triple P Session 4 Checklist



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.

Date: ..... Number of participants: .....

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

## Content checklist

### 01. Agenda .....

- Welcome parents to the session
- Provide an overview of the session

### 02. Review .....

- Review Session 3 (encouraging healthy behaviour, benefits of physical activity, physical activity guidelines and goals, increasing incidental activity, reducing sugar intake)
- Check how parents went using the strategies from Session 3

### 03. Motivating children to be healthy .....

- Introduce behaviour charts
- Show DVD segment: Behaviour charts
- Exercise 1: Planning a behaviour chart
- Exercise 2: Making up a chart

### 04. Reducing fat intake .....

- Explain the different types of fat and associated health risks
- Discuss buying low fat foods, using low fat cooking methods, replacing high fat ingredients
- Exercise 3: Modifying recipes

### 05. The importance of physical activity .....

- Review the main issues covered in the session
- Explain the homework tasks (making up and using a behaviour chart, writing out a modified recipe)
- Outline the content of the next session (limiting sedentary activity, reading food labels)
- Thank parents for their participation



# Group Lifestyle Triple P Session 4 Checklist



**Session notes** (include items that were omitted, any additional content, issues you would like to follow up in the next session)

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**Self-evaluation** (note something that you did well, anything you would do differently next time, issues you would like to discuss in supervision)

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Signature: ..... Date completed: .....



# Group Lifestyle Triple P Session 5 Checklist



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.

Date: ..... Number of participants: .....

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

## Content checklist

### 01. Agenda .....

- Welcome parents to the session
- Provide an overview of the session

### 02. Review .....

- Review Session 4 (using rewards to encourage healthy behaviour, reducing fat intake, modifying recipes)
- Check how parents went implementing a behaviour chart and collect their modified recipes

### 03. Reducing television and computer time .....

- Discuss limiting sedentary activity

### 04. Preventing problem behaviour .....

- Introduce the strategies for preventing problem behaviour
- Show DVD segments: Establish clear ground rules; Directed discussion
- Exercise 1: Deciding on rules
- Exercise 2: Using directed discussion

### 05. Understanding food labels .....

- Explain the steps for reading food labels (ingredient list, nutrition claims, nutrition label)
- Exercise 3: Reading food labels

### 06. Session close .....

- Review the main issues covered in the session
- Explain the homework tasks (implementing new rules, finding 3 healthy packaged foods)
- Outline the content of the next session (increasing energetic play) and give a reminder to wear comfortable clothing
- Thank parents for their participation



# Group Lifestyle Triple P Session 5 Checklist



**Session notes** (include items that were omitted, any additional content, issues you would like to follow up in the next session)

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**Self-evaluation** (note something that you did well, anything you would do differently next time, issues you would like to discuss in supervision)

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Signature: ..... Date completed: .....



# Group Lifestyle Triple P Session 6 Checklist



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.

Date: ..... Number of participants: .....

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

## Content checklist

### 01. Agenda .....

- Welcome parents to the session
- Provide an overview of the session
- Hand out copies of the modified recipes collected in Session 5

### 02. Review .....

- Review Session 5 (limiting sedentary activities, teaching children to follow rules about food and activity, reading food labels)
- Check how parents went implementing rules and using directed discussion, and ask them to show the group their food packets

### 03. Increasing energetic play .....

- Discuss the strategies for increasing energetic play
- Hand out copies of the *Lifestyle Triple P Active Games Booklet*
- Exercise 1: Ideas for active games
- Exercise 2: Setting up and playing an active game
- Exercise 3: Reviewing the game
- Exercise 4: Planning active time
- Exercise 5: Making a games list

### 04. Session close .....

- Review the main issues covered in the session
- Explain the homework tasks (setting 2 goals for using the strategies for increasing energetic play and keeping track of how it goes)
- Outline the content of the next session (preventing hunger and overeating, preparing healthy food, increasing involvement in sport)
- Thank parents for their participation



# Group Lifestyle Triple P Session 6 Checklist



**Session notes** (include items that were omitted, any additional content, issues you would like to follow up in the next session)

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**Self-evaluation** (note something that you did well, anything you would do differently next time, issues you would like to discuss in supervision)

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Signature: ..... Date completed: .....



# Group Lifestyle Triple P Session 7 Checklist



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.

Date: ..... Number of participants: .....

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

## Content checklist

### 01. Agenda .....

- Welcome parents to the session
- Provide an overview of the session

### 02. Review .....

- Review Session 6 (making games part of your child's daily routine, playing an active game with your child for a few minutes every day)
- Check how parents went using the Session 6 strategies

### 03. Preventing hunger and overeating .....

- Discuss how to set up eating routines
- Exercise 1: Setting times for meals and snacks
- Discuss the glycemic index

### 04. Preparing healthy food .....

- Discuss the importance of preparing healthy foods
- Hand out copies of the *Lifestyle Triple P Recipe Booklet*
- Exercise 2: Providing healthy meals and snacks
- Exercise 3: Planning healthy packed lunches

### 05. Increasing involvement in sport .....

- Discuss children's involvement in sport

### 06. Session close .....

- Review the main issues covered in the session
- Explain the homework tasks (researching a suitable sport, trying out the planned packed lunches)
- Outline the content of the next session (managing problem behaviour)
- Thank parents for their participation



# Group Lifestyle Triple P Session 7 Checklist



**Session notes** (include items that were omitted, any additional content, issues you would like to follow up in the next session)

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**Self-evaluation** (note something that you did well, anything you would do differently next time, issues you would like to discuss in supervision)

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Signature: ..... Date completed: .....



# Group Lifestyle Triple P Session 8 Checklist



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.

Date: ..... Number of participants: .....

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

## Content checklist

### 01. Agenda .....

- Welcome parents to the session
- Provide an overview of the session

### 02. Review .....

- Review Session 7 (preventing hunger and overeating, preparing healthy food, increasing involvement in sport)
- Collect contact information for local sports and check how parents went trying out their ideas for packed lunches

### 03. Managing problem behaviour .....

- Provide a rationale for the strategies for managing misbehaviour
- Introduce planned ignoring
- Show DVD segments: Planned ignoring; Clear, calm instructions; Logical consequences
- Exercise 1: Using planned ignoring
- Introduce clear, calm instructions
- Exercise 2: Giving clear, calm instructions
- Introduce logical consequences
- Exercise 3: Choosing logical consequences
- Introduce quiet time and time-out
- Show DVD segments: Quiet time; Time-out
- Exercise 4: Getting ready to use quiet time
- Exercise 5: Getting ready to use time-out

### 04. Developing parenting routines .....

- Introduce the start routine
- Exercise 6: Using the start routine
- Introduce the stop routine

### 05. Preparing for the weekly telephone sessions .....

- Explain the purpose and format of the weekly telephone sessions
- Exercise 7: Choosing a time

### 06. Session close .....

- Review the main issues covered in the session
- Explain the homework tasks (trying out the strategies for managing misbehaviour, keeping track of time-out)
- Remind parents to plan ahead for their telephone session
- Thank parents for their participation



# Group Lifestyle Triple P Session 8 Checklist



**Session notes** (include items that were omitted, any additional content, issues you would like to follow up in the next session)

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**Self-evaluation** (note something that you did well, anything you would do differently next time, issues you would like to discuss in supervision)

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Signature: ..... Date completed: .....



# Group Lifestyle Triple P Session 9 Checklist



Use this as a guide to deliver the session, and a record of how it went. Indicate with a tick  if the item was covered. Leave blank if the item was omitted. Use the space provided to summarise what was discussed.

Date: ..... Group: .....

Facilitator's name: .....

Parent's name: .....

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

**Summary of Contact** (note the details of any appointment changes or unsuccessful attempts to contact the parent)

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## Content checklist

**01. Introduction** .....

- Telephone the parent at the scheduled time
- Check that the parent is available for the session
- Remind the parent of the purpose of the weekly telephone sessions

**02. Agenda** .....

- Prompt the parent to set the agenda:

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# Group Lifestyle Triple P Session 9 Checklist



### 03. Feedback of assessment results \_\_\_\_\_

- Recap the results of the measurement session and summarise the questionnaire data:

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- Check for the parents' reaction and ask if there has been any changes:

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### 04. Review \_\_\_\_\_

- Review Session 8 (managing problem behaviour):

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### 05. Update on progress \_\_\_\_\_

- Ask the parent to list their homework tasks:

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# Group Lifestyle Triple P Session 9 Checklist



- Ask what worked (identify at least two things they did well):

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- Ask what didn't work (find out exactly what happened):

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- Ask what they could have done differently (use minimal prompts to help the parent solve any problems):

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**06. Other issues** \_\_\_\_\_

- Discuss any other items on the agenda:

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# Group Lifestyle Triple P Session 9 Checklist



07. Session close \_\_\_\_\_

- Ask the parent to review the main issues discussed in the session:

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- Prompt them to set homework tasks:

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- Thank the parent for their participation

**Self-evaluation** (note something that you did well, anything you would do differently next time, issues you would like to discuss in supervision)

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Signature: ..... Date completed: .....



# Group Lifestyle Triple P Session 10 Checklist



Use this as a guide to deliver the session, and a record of how it went. Indicate with a tick  if the item was covered. Leave blank if the item was omitted. Use the space provided to summarise what was discussed.

Date: ..... Group: .....

Facilitator's name: .....

Parent's name: .....

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

**Summary of Contact** (note the details of any appointment changes or unsuccessful attempts to contact the parent)

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## Content checklist

**01. Introduction** .....

- Greet the parent warmly

**02. Agenda** .....

- Prompt the parent to set the agenda:

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**03. Update on progress** .....

- Ask the parent to list their homework tasks:

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# Group Lifestyle Triple P Session 10 Checklist



- Ask what worked (identify at least two things they did well):

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- Ask what didn't work (find out exactly what happened):

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- Ask what they could have done differently (use minimal prompts to help the parent solve any problems):

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04. Other issues \_\_\_\_\_

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# Group Lifestyle Triple P Session 10 Checklist



05. Session close \_\_\_\_\_

- Ask the parent to review the main issues discussed in the session:

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- Prompt them to set and note down homework tasks:

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- Outline the content of the next session (planning ahead)
- Thank the parent for their participation

**Self-evaluation** (note something that you did well, anything you would do differently next time, issues you would like to discuss in supervision)

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Signature: ..... Date completed: .....



# Group Lifestyle Triple P Session 11 Checklist



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.

Date: ..... Number of participants: .....

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

## Content checklist

### 01. Agenda .....

- Welcome parents to the session
- Provide an overview of the session
- Hand out copies of the sports organisations collected in Session 8

### 02. Review .....

- Discuss how the weekly telephone sessions went
- Ask each parent to review their homework

### 03. Family survival tips .....

- Introduce the family survival tips
- Show DVD segment: Family survival tips
- Exercise 1: Taking care of yourself

### 04. High-risk situations .....

- Define 'high-risk situation' and give examples
- Exercise 2: Identifying high-risk situations

### 05. Planned activities .....

- Provide a rationale for planned activities
- Explain the steps (using a variety of examples)
- Exercise 3: Developing a planned activities routine
- Discuss parents' comments about using planned activities

### 06. Preparing for the fortnightly telephone sessions .....

- Explain the format of the final three sessions
- Exercise 4: Choosing a time

### 07. Session close .....

- Review the main issues covered in the session
- Explain the homework tasks (designing and implementing 2 planned activities routines)
- Remind parents to plan ahead for their telephone session
- Thank parents for their participation



# Group Lifestyle Triple P Session 11 Checklist



**Session notes** (include items that were omitted, any additional content, issues you would like to follow up in the next session)

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**Self-evaluation** (note something that you did well, anything you would do differently next time, issues you would like to discuss in supervision)

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Signature: ..... Date completed: .....



# Group Lifestyle Triple P Session 12 Checklist



Use this as a guide to deliver the session, and a record of how it went. Indicate with a tick  if the item was covered. Leave blank if the item was omitted. Use the space provided to summarise what was discussed.

Date: ..... Group: .....

Facilitator's name: .....

Parent's name: .....

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

**Summary of Contact** (note the details of any appointment changes or unsuccessful attempts to contact the parent)

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## Content checklist

**01. Introduction** .....

- Telephone the parent at the scheduled time
- Check that the parent is available for the session
- Remind the parent of the purpose of the fortnightly telephone sessions

**02. Agenda** .....

- Prompt the parent to set the agenda:

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# Group Lifestyle Triple P Session 12 Checklist



## 03. Progress review \_\_\_\_\_

- Ask the parent to list their homework tasks:

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- Ask what worked (identify at least two things they did well):

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- Ask what didn't work (find out exactly what happened):

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- Ask what they could have done differently (use minimal prompts to help the parent solve any problems):

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# Group Lifestyle Triple P Session 12 Checklist



## 04. Other issues \_\_\_\_\_

- Discuss any other items on the agenda:

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## 05. Session close \_\_\_\_\_

- Ask the parent to review the main issues discussed in the session:

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- Prompt them to set and note down homework tasks:

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- Thank the parent for their participation



# Group Lifestyle Triple P Session 12 Checklist



**Self-evaluation** (note something that you did well, anything you would do differently next time, issues you would like to discuss in supervision)

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Signature: ..... Date completed: .....



# Group Lifestyle Triple P Session 13 Checklist



Use this as a guide to deliver the session, and a record of how it went. Indicate with a tick  if the item was covered. Leave blank if the item was omitted. Use the space provided to summarise what was discussed.

Date: ..... Group: .....

Facilitator's name: .....

Parent's name: .....

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

**Summary of Contact** (note the details of any appointment changes or unsuccessful attempts to contact the parent)

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## Content checklist

**01. Introduction** .....

- Greet the parent warmly

**02. Agenda** .....

- Prompt the parent to set the agenda:

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**03. Progress review** .....

- Ask the parent to list their homework tasks:

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# Group Lifestyle Triple P Session 13 Checklist



- Ask what worked (identify at least two things they did well):

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- Ask what didn't work (find out exactly what happened):

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- Ask what they could have done differently (use minimal prompts to help the parent solve any problems):

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**04. Other issues** \_\_\_\_\_

- Discuss any other items on the agenda:

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# Group Lifestyle Triple P Session 13 Checklist



## 05. Session close \_\_\_\_\_

- Ask the parent to review the main issues discussed in the session:

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- Check that the parent has a copy of *Keeping Track Booklet Two* and knows how to complete it
- Prompt them to set and note down any additional homework tasks:

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- Outline the content of the next session (progress review, keeping up the good changes)
- Discuss arrangements for the group celebration
- Thank the parent for their participation

**Self-evaluation** (note something that you did well, anything you would do differently next time, issues you would like to discuss in supervision)

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Signature: ..... Date completed: .....



# Group Lifestyle Triple P Session 14 Checklist



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.

Date: ..... Number of participants: .....

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

## Content checklist

### 01. Introduction .....

- Welcome parents to the final session
- Collect completed *Questionnaire Booklet Two*

### 02. Agenda .....

- Provide an overview of the session

### 03. Review .....

- Discuss how the fortnightly telephone sessions went
- Check how parents went completing *Keeping Track Booklet Two* (and any additional homework)

### 04. Progress review .....

- Exercise 1: Identifying changes since the beginning of the programme
- Check questionnaire booklets (return if incomplete)
- Exercise 2: Comparing daily food serves
- Exercise 3: Comparing activity levels
- Exercise 4: Reviewing goals

### 05. Keeping up the healthy changes .....

- Provide a rationale for addressing maintenance
- Discuss slip-ups and the importance of staying motivated
- Exercise 5: Staying motivated
- Discuss planning ahead, holding regular reviews, acting quickly, trying new ways

### 06. Problem solving for the future .....

- Exercise 6: Planning for future high-risk situations
- Exercise 7: Identifying future high-risk times
- Exercise 8: Independent problem solving

### 07. Satisfaction with the programme .....

- Exercise 9: Completing the Client Satisfaction Questionnaire

### 08. Programme close .....

- Review the main issues covered in the session
- Discuss any additional agenda items and prompt parents to set their own homework tasks
- Thank parents for their participation in the programme and congratulate them on their achievements



# Group Lifestyle Triple P Session 14 Checklist



**Post-group assessment** (list the names of families still to return *Questionnaire Booklet Two* or participate in a measurement session)

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**Session notes** (include items that were omitted, any additional content, issues you would like to follow up in the next session)

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**Self-evaluation** (note something that you did well, anything you would do differently next time, issues you would like to discuss in supervision)

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Signature: ..... Date completed: .....