



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



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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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Homework Tasks

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Signed: Date completed: