



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



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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: