

Triple P

Positive Parenting Program



From the Minister's desk



Greetings from Kerri Irvin-Ross,
Minister of Healthy Living
and chair of the Healthy Child
Committee of Cabinet.

Since the official launch of the Triple P public education initiative this past October, I have been very encouraged and excited by the wonderful response from the community and especially from parents across our province in seeking parenting information. As a parent myself, I know that parenting can be both rewarding and at times challenging and all parents benefit from information and support.

The growth of Triple P throughout Manitoba is the result of the commitment and hard work of all the partner agencies that have staff trained and are offering Triple P services to community parents. I am grateful to see community organizations from across the province working together to make this kind of initiative so successful. The

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Winnipeg Family Success Centre succeeds on many levels

For many working parents, the local child care centre is the first stop of the day, right after waking, washing, clothing, feeding and travelling with their young children.

The morning routine alone can test the mettle of most parents, but the families that access the Salvation Army Weston Family Success Centre know its child care team is well equipped to help them cope with many common parental challenges.

Joanne Stewart, co-ordinator of the centre's Positive Parenting Program (Triple P), says the centre is proud to be able to offer one-stop support for area families by offering quality child care and Triple P.

"A lot of parents really appreciate being able to find answers to their child-rearing concerns at one place, rather than being referred to several external sources," says Joanne. "Program participants tell me that they like the Triple P approach because the program offers practical tips from which parents can often see positive results almost immediately. It's all about practical suggestions, not just someone making

them feel like they are just bad parents."

The centre offers Triple P for parents in the same building as child care, so parents have the added convenience of leaving their children with early childhood educators while they attend a session on another floor to learn some things of their own.

Moms, dads, grandparents, guardians and other caregivers are finding insight and learning specific strategies about how to strengthen their relationships with their children and building their parenting abilities through classes, seminars, reading materials and special events. As more neighbourhood residents hear about the centre's Triple P, participation continues to grow.

"Parenting can be a hard job, but it is also very rewarding," says Joanne. "The more we can do to help strengthen families and neighbourhoods through programs like Triple P, the more we are helping children reach their full potential. That's very satisfying work."



for every parent



From the Minister's desk

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incorporation of Triple P into various organizations is a real demonstration of their very strong commitment to families and children in Manitoba.

Triple P, the Positive Parenting Program, is proving to be just this: a positive environment for community parents to learn and develop their parenting skills. I commend all community practitioners and agencies for their involvement in this unique and incredible opportunity. As Triple P training continues we will be able to offer Triple P services to even more families across our province. Ensuring parents have the information they need along with lots of options and choices will contribute to healthy, bright futures for all of Manitoba's children.

PROFILE: Lauren Fulham

Triple P program co-ordinator finds her niche



Lauren Fulham says she has always been interested in children and families, so it's no wonder that her career path led to Triple P.

As Triple P co-ordinator for Winnipeg and rural regions, Lauren is actively involved in practitioner training and working with different community service agencies to incorporate Triple P principles.

"I have worked in similar areas for many years, including child care centres and the youth mental health care system," says Lauren, who is finishing her masters degree in social work from the University of Manitoba. "I am excited about being able to deliver Triple P because I know how innovative and effective the program can be."

Lauren says even subtle changes in parenting can make a big difference that strengthens the relationship between children and their parents. By offering concrete, practical advice to parents, the program can help parents see positive results almost immediately.

She travels across the province to help people learn about Triple P and establish resources in their communities. Meeting people is always a pleasure for Lauren and being able to share the positive lessons of Triple P with others adds another element of personal satisfaction.

"I don't think there is any other place that is trying to deliver Triple P at the same level as we are," says Lauren, who joined Healthy Child Manitoba in June 2008. "Our population health strategy presents a lot of opportunities for us and also a lot of fun, because we never know what interesting things the day will bring."



Triple P: Feedback from across the province – By Jennifer Volk

As we continue to roll out Triple P in Manitoba, we want to keep you informed about the progress we are making with training and implementation. We'd like to thank all of the Triple P practitioners and managers who completed our online and telephone interview between October and December 2008.

With the expertise of Prairie Research Associates, we contacted all practitioners who had taken training before last spring and their managers. The interviews are now complete and we are excited to have received over

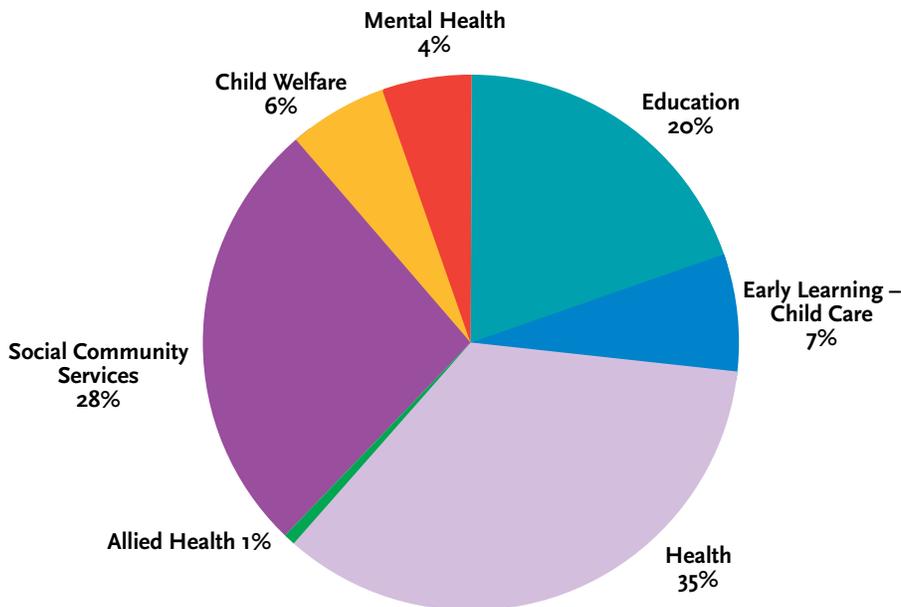
600 responses. Stay tuned for the results in upcoming newsletters!

Triple P training and accreditation

Triple P training is now available across the province and the number of accredited practitioners continues to grow. Congratulations to everyone who completed their accreditation, and a big thank you to our two Triple P coordinators who work to support practitioners through the accreditation process. As of this fall, we have 844 accredited practitioners who have taken a total of 1,186 courses.

Level of Training	Number of Accredited Courses Taken
Level 2: Selected	67
Level 3: Primary	588
Level 4: Standard	203
Level 4: Group	159
Level 4: Stepping Stones	59
Level 5: Enhanced	60
Level 5: Pathways	50

Practitioners continue to come from many sectors. This chart displays the diversity of Triple P practitioners across the province:



Practitioners have their say

When practitioners come for training, we ask them for feedback on their experience to help us in planning future sessions. Overall, practitioners were happy with the training they received this fall. We appreciate all of the constructive comments regarding the facilities and the delivery of training and are already using this feedback to improve the training experience.

If you have any questions or comments about these or any other Triple P evaluation results, please contact:

Jennifer Volk, senior scientific analyst
Healthy Child Manitoba Office
Jennifer.Volk@gov.mb.ca
(204) 945-1243

News from the North – By Louanne Beaucage

For the second edition of our newsletter, I'd like to feature our Northern Healthy Child Office in The Pas. The new slogan for the town is Adventure Territory and it has most certainly been an adventure for Triple P.

We now have trained practitioners from The Pas, Opaskwayak Cree Nation, the Aboriginal Head Start program, the Friendship Center, The Pas Action Center and the Nor-Man Regional Health Authority. We've also trained daycare workers, public health nurses, Families First home visitors, educational assistants from Frontier School Division, social workers and many others. We have seen first-hand that The Pas is not only rich in natural resources, but also in caring and committed Triple P practitioners.

It's hard to describe The Pas without talking about the natural beauty of Clearwater Lake and Rocky Lake, where the sunsets are amazing. The people from The Pas and our surrounding communities are kept busy year-round with many festivals, walking and snowmobile trails and our local museum. The new health and wellness center and the University College of the North campus in The Pas keep this community hopping. As your Triple P coordinator for the north, I have come to appreciate the warmth and hospitality of the people who live here.

"We now have trained practitioners from The Pas, Opaskwayak Cree Nation, the Aboriginal Head Start program, the Friendship Center, The Pas Action Center and the Nor-Man Regional Health Authority."

Our region is home to many First Nations people, so I thought I would look at a traditional approach to health and life and see where our work with Triple P might fit. You may have already heard of the seven sacred teachings – love, respect, trust, humility, courage, truth and honesty. These teachings have been used by First Nations people for centuries as the foundation of their way of life. The successful approach we use in Triple P includes many of these same teachings.

As an example, think about how respect is built into many aspects of Triple P. Parents are taught how to respect their children through the "ask, say, do" approach. When we learn to connect with a child at eye-level, either to praise or correct them, we are also teaching them respect and assertiveness. Take another look at our five Triple P principles to see how closely they mirror these sacred teachings:

- ensure a safe, interesting environment;
- create a positive learning environment;

- use assertive discipline;
- have realistic expectations; and
- take care of oneself as a parent.

In an upcoming News from the North, I'll be featuring the community of Churchill, but I wanted to highlight that we've recently completed our first round of training there. Thanks to the dedicated work of Sue Lawrence, the Triple P trainer, we now have 22 practitioners in the area. They are a diverse group of local leaders, including receiving home staff, counselors, spiritual advisors, educational assistants, mental health clinicians and RCMP staff. I was fortunate enough to see the polar bears during a recent trip to Churchill and it's something that I'll never forget.

I wish you all the best in 2009. Please keep in touch, because I'd love to hear how Triple P is being implemented in your community.

Louanne Beaucage
Triple P co-ordinator, Northern Regions
Healthy Child Manitoba Office
Louanne.Beaucage@gov.mb.ca
(204) 627-2314

Fast facts about The Pas

The town of The Pas is over 620 kilometers north of Winnipeg and was incorporated in 1912. There are about 6,000 people in the community, which includes the Opaskwayak Cree Nation and the Rural Municipality of Kelsey.

Triple P tips

Trained practitioners from across the province have sent in their own tips on how to use Primary Care Triple P while working with parents. Here's what we've heard:

- The four-session format boosts parents' confidence levels in their parenting abilities and is also very effective in resolving specific problems.
- The best practice is to use the program as it was designed and evaluated.
- Flexibility is key! Of all the levels of Triple P, Primary Care offers the most flexibility in service delivery.
- When four sessions are not possible or other challenges arise, practitioners have been creative with service delivery and reported successes by:
 - Using a tip sheet and highlighting key steps to address a specific behaviour in one consultation;
- Offering tip sheets to supplement other materials or the ongoing work practitioners do with parents;
- Providing small information sessions or workshops for parents and colleagues; and
- Holding brief consultations and seminars with parents on Triple P waitlists.

Update from Nelson House

We featured Nelson House in our last newsletter. Jean Johnson, a maternal-child health nurse with Nisichawayasihk Cree Nation's Family and Community Wellness Centre, has sent an update on what's new in the region.

I am so thankful to have Triple P training - I wish it had been available when I was a first time mom. I use Triple P daily talking with families. Louanne Beaucage has been extremely committed to bringing Triple P into our region, to make sure that training is happening in the north and our First Nation communities.

I want to share a recent example of how effective Triple P can be. A grandmother approached me about her granddaughter, who was continually having tantrums. I sat down with her in my office and pulled up the Triple P tip sheet on tantrums so we could go over it together. After trying it with her granddaughter, she came back to see me and said that she was noticing some real improvements. The grandmother was happy to learn about new parenting skills, ones she hadn't known to use with her own children.

These tip sheets are an excellent resource for parents - and grandparents.



International Triple P conference

Canada is hosting this year's International Triple P conference this April in Toronto, Ontario. The Helping Families Change Conference brings together engaging and knowledgeable speakers from across Canada, the United States, Australia and many other countries. It's an excellent opportunity for researchers, practitioners and policy makers to learn more about Triple P and how it's been successfully implemented on a global level.

The conference's goals are to:

- encourage dialogue and exchange among practitioners and policy makers;
- empower parents and practitioners; and
- engage parents, practitioners and policy makers with Triple P.

Please visit www.hfccog.com for more information.

Spring training dates

Triple P training sessions will take place in April and May. Information packages have been sent out by mail and any questions can be directed to (204) 945-2266.

Triple P online

Visit us at www.manitoba.ca/triplep

How we use Triple P

Thanks to your feedback, we know that Triple P is making a difference across the province. We'd like to thank everyone who has shared their experiences for this newsletter.

I am the school counselor at Joseph H. Kerr School in Snow Lake and have my Primary Care and Standard/Group training with accreditation through Triple P. I am very pleased that I took the training, because it's given me a new tool to use every day with the children and parents that I see.

I took Triple P training because I felt there is a need in our community. Parents need to know that parenting is a tough job, but positive changes lead to big improvements in their families. Triple P offers positive and practical strategies that help change how parents work with their children on common, everyday behavioral issues.

**Barbara Elliott, *school counselor*
Snow Lake**



How we use Triple P *(continued)*

Turnabout is a joint program of Manitoba Justice and Healthy Child Manitoba. It deals with children under 12 who have come in contact with police for actions that may have resulted in charges if they were aged 12 or older. It works with families to develop a plan that includes appropriate services to address the needs of the children and - where possible - encourages reconciliation between children and the victims.

“I found the program to be very informative, with concrete information and strategies that can help parents with children who are at risk of developing emotional or behavioral problems.”

I recently had the opportunity to attend the Primary Triple P training in Thompson and I was not disappointed.

Triple P has been very helpful with the families that I work with. The tip sheets are very helpful for families and for myself. We can then work together to see where they can get back on track as a parent, knowing that parent-child relationships can be improved by being positive and taking steps forward.

I'd like to share a rewarding experience that I had with a mom who had little confidence in her ability and confided that she needed to actually see how Triple P could be used. We organized a home visit, which included going shopping with the children. Before we left, it was fun to include the children in a discussion about what was expected from their behaviour during the shopping trip. It made it much easier to remind them what

I found the program to be very informative, with concrete information and strategies that can help parents with children who are at risk of developing emotional or behavioral problems.

I've begun referring parents involved in my program to Triple P. Now that I am more familiar with it, I'm confident that it's going to help the families I work with. Although there was a lot involved in the training, what stood out for me was that ideas for change are offered as “suggestions” and parents have input as to how they will implement the strategies. It was also encouraging to learn how spending frequent, brief amounts of time in child-initiated activities can make a difference - something that is beneficial in our hurried lifestyles. I certainly could have used some of these strategies when I was parenting my own son!

their behavior should be, because they had already agreed to it.

Afterwards, the mom told me how surprised how well her children listened when I used a calm voice and stayed respectful to the children. She had become used to yelling children that had to be dragged back to the car after every shopping trip - and actually avoided taking them shopping. Since our lesson, she takes time before shopping trip to discuss the day's routine and consequences and finishes up by highlighting the positive things that happened.

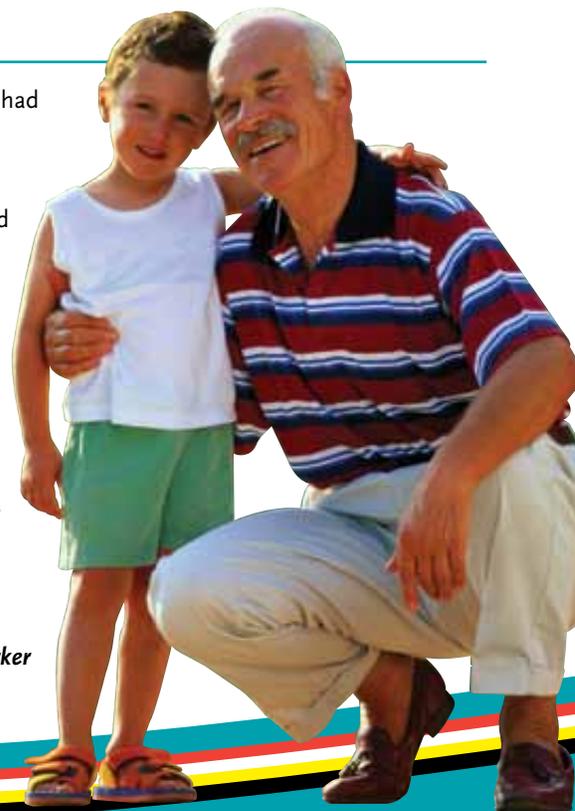
Gerri Cross,
Family Services and Housing social worker
The Pas

With tools like the tip sheets, I can encourage parents as they guide and connect with their children.

I plan on following through with more Triple P training and will continue to encourage all parents to participate in the program. It will be interesting to see how parents in the North adapt the strategies to suit their needs and preferences.

Debbie Asham,
Turnabout North co-ordinator
Thompson

For more information on Turnabout, call 1-866-673-0924.



How we use Triple P *(continued)*

I recently finished my first round of the seminar series in Flin Flon and it was great. Ten to 15 parents attended each group for each of the three nights, which was the perfect size. Parents felt comfortable asking questions and shared real-life examples and experiences with each other.

After the first session, a parent tried a time-out with her child and returned to the second session asking what she was doing wrong. We talked about what she had done and what the group had learned

in the first session. By the third week, the same parent excitedly announced that her time-out had worked. Everyone in the group shared in this important parenting moment and also was able to take home another example of what Triple P can accomplish when used consistently.

This was such a positive experience that I can't wait to run the series again this spring.

Colleen Tower,
Nor-Man Regional Health Authority
Flin Flon



Triple P has been very helpful with the families that I work with and for myself. Using the principles of Triple P and some simple tips, I have been able to work more effectively and get a more positive result without any stress or fuss.

During a recent grocery store outing with a mother, her two-year old and an infant, we faced the usual challenges. While mom was gathering groceries with the infant asleep in the cart, the little girl and I visited the toy aisle. Instead of having to say no all the time, I kept her busy practicing numbers and remembering her colours. At the check-out, stocked with all kinds of sugary temptations, the mom was prepared with cereal bars and homemade treats. The whole experience was easy, without a single tantrum.

As a grandmother and someone who works with parents and children, I can't wait to master these skills so that I may pass them on. I know many parents who will appreciate the support as they're dealing with the challenges of parenting.

Helen McEwan
Churchill

Please share your Triple P experiences, newsletter feedback and suggestions for future stories by contacting Deb Campbell at (204) 945-3583 or Deb.Campbell@gov.mb.ca