

Triple P

Positive Parenting Program



Triple P Shines on Broadway

As a family education co-ordinator with Broadway Community Services in Winnipeg, Terrie Redekopp understands why parenting is the hardest job you will ever love.

Redekopp's job involves teaching Triple P principles to clients with various backgrounds who all have at least one thing in common – a desire to be better parents.

"I run Triple P sessions for groups and individuals," says Redekopp. "The information is so practical and flexible that it can be personalized to suit the specific needs and interests of my clients."

She praises Triple P for packaging valuable information in a way that parents can easily understand and can apply almost immediately for good results.

"Some people say this program is aimed only at middle-class families, but that's not true," says Redekopp. "Its insights are helpful to anyone who lives or works with children of all ages."

Redekopp's clients include people with children in care who have been court-ordered to take parenting classes. The program works for them, partly because it emphasizes the positive aspects of parenting and also teaches practical ways to promote child well being and family harmony.

"I think parents appreciate Triple P because the program is very useful and do-able," says Redekopp. "After our sessions, I've heard many parents say 'I finally get it.'"

Redekopp says the program continues to be successful in educating and inspiring parents, helping to build stronger families and ultimately stronger communities.

"It's very satisfying for me to see my clients becoming excited about parenting once again," says Redekopp. "Triple P helps them recognize the things that they do well and shows them how to build on those positives. The program is very hopeful...very empowering."

In profile: Gisèle Kolodka



Gisèle Kolodka is the administrative assistant for Triple P and supports a number of other programs at Healthy Child Manitoba, including Roots of

Empathy. She also provides support to Jan Sanderson, the CEO of Healthy Child Manitoba and deputy minister of Healthy Living, Youth and Seniors.

Gisèle provides answers and support to practitioners registering for training as well as community members with questions about Triple P services. Gisèle is an integral part of the Triple P team, as she brings with her not only administrative skills but also analytical expertise and a background in marketing. She is often juggling many things at once - including training schedules and arrangements, fielding calls and requests from the community, providing input at team meetings, and supporting Steve Feldgaier, Triple P's program director.

In addition to providing support to our CEO and two program directors, Gisèle is married with two teenage children at home, which keeps her very busy.



for every parent



Healthy Child Manitoba
Putting children and families first

Manitoba 

News from Rural and City Coordinator

The big news for Triple P this year is Healthy Child's move from 114 Garry to 332 Bannatyne in Winnipeg's Exchange District. We are now located in spacious cubicles in a renovated warehouse.

After catching up from the move, I spent some time driving around to various communities and meeting practitioners. There are many agencies and communities that have trained staff in the province. We have practitioners in treatment centres and community agencies. There are practitioners who work in formal settings and informal community settings. There are practitioners working with families, single

parents, mandated clients and voluntary clients, Aboriginal clients, rural clients and city clients in the suburbs and downtown. Everyone seems to be interested in engaging their communities and tailoring the program to their different client groups.

I still hear some concerns about the flexible use of Triple P because it is an evidence-based program. We have been spreading the word that the format is adaptable. Every practitioner can use the content of the program in the way that best connects and engages with clients. We were glad to see Triple P founder Matt Sanders address this issue himself this year on the Triple P website. This message, of tailoring Triple P to suit the needs of clients and practitioners, was also echoed in his presentation to the conference in Toronto.

In his Q and A video blog this month, Sanders says although practitioners should not change the content and strategies of Triple P – because it is evidence-based and is considered vital to the success of the program – they can change the way they share Triple P. For example, he says not all parents enjoy reading.

"It is OK for you as a practitioner to close the workbook and to take the content and share it with the parent through experiential learning, practising the skills, providing feedback," he says.

Sanders gives more suggestions as to how practitioners can tailor the program in his monthly Q and A video blog, which

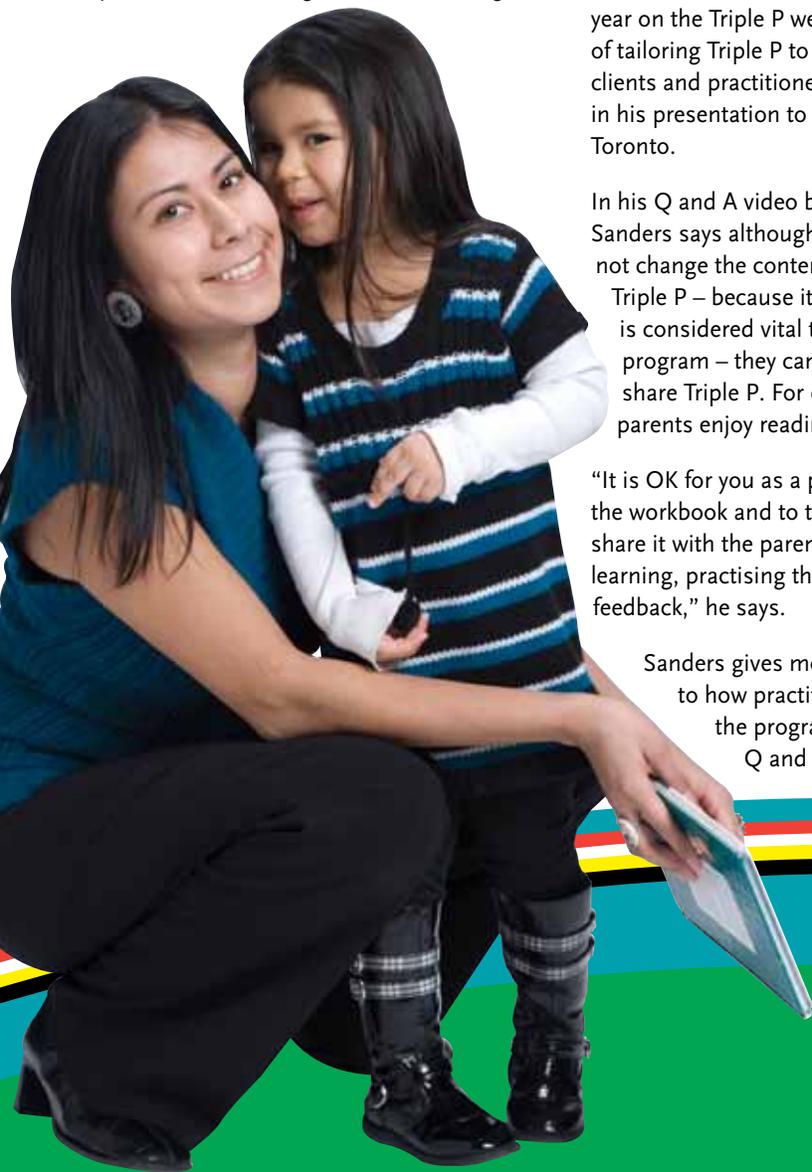
is now available to all accredited Triple P practitioners via the providers' network. Go to www.triplep.org and follow the links from "Your Questions Answered" to "Watch Q and A with Prof. Matt Sanders". Then click on "Can I tailor the delivery of Triple P?"

We have been asked to hold workshops on integrating interesting, activity-based learning into the group format. We have also been asked to host a workshop on inserting cultural context into the program resources. We will be hosting these workshops in the near future.

"It is OK for you as a practitioner to close the workbook and to take the content and share it with the parent through experiential learning, practising the skills, providing feedback," he says.

We thought in this newsletter we would highlight some of the different places that Triple P is used and in different ways with different clients. Some of the best ideas for adapting come from practitioners who are doing the work on the ground and know their client base best. We love your ideas so far and know that you have more to share. We would love to hear from you whether you have ideas or are looking to connect with other practitioners who do similar work and hear their ideas. I look forward to coming out and meeting with many more of you in the next few months.

Laureen Fulham
Rural and City Coordinator



Triple P in the Military

Enlisting in the Canadian military often requires personal sacrifices for the greater good, but one Winnipeg-based resource centre is making sure that family health and harmony are not among them.

The Winnipeg Military Family Resource Centre, based at 17 Wing, provides approximately 2,500 Canadian Forces families with the services and support they may need at home – especially during the unique circumstances often faced by military families. The Triple P – Positive Parenting Program – is a key part of the centre’s helping approach.

“We have five staff members trained in Triple P, including staff in our child care, preschool and main centre areas,” says Diane Bryne, the centre’s coordinator of youth and personal development programs. “By training our staff in each of our service areas, we know we’re all talking the same language, program to program, and parents appreciate that.”

Bryne says Triple P’s plain language approach is easier for everyone to understand and its advice is applicable to a great many aspects of everyday family life. She says families don’t need to be having problems to benefit from Triple P.

“It’s a program that allows you to take what you need from it to use whenever you need it,” says Bryne. “For parents and staff, that’s valuable.”

“In many cases, the Triple P information provides validation that what the parents or staff are already doing is the best thing for the children,” says Bryne. “The program can also focus on areas of special interest including helping families cope after one of the parents has been deployed overseas, including building resilience in children and supporting the spouse at home.”



Bryne says everyone who has participated in Triple P training thought the experience was interesting and worthwhile. Its principles address so many different areas of child care that it offers something for everyone, allowing parents to build on their strengths to help their children grow and thrive.

“It’s a program that allows you to take what you need from it to use whenever you need it,” says Bryne. “For parents and staff, that’s valuable.”



News from the North

Last spring Canada hosted the Triple P International “Helping Families Change” Conference in Toronto. The conference, attended by delegates from 20 countries around the world, focused on the theme of Encourage, Empower, and Engage. Professor Matt Sanders was one of the keynote speakers, and our very own Dr. Steven Feldgaier Director of the Healthy Child Manitoba Office was the co-master of ceremonies, along with Brian Beech of Ontario. There were also some of my colleagues from Healthy Child Manitoba and from our Triple P Team who made a number of presentations and specialty sessions at this year’s conference.

Jennifer Volk, a member of our research and evaluation team, and I were asked to present on the topic “Engaging Culturally Diverse Groups: Working with Indigenous Communities.” There we were, in Toronto, presenting to practitioners, professors, policy makers, and psychologists from all over the world and in that very same crowd are four practitioners who came from two Northern Manitoba First Nations communities. More specifically, they came from Nelson House and Cross Lake. Kudos to Amber, Angie, Muriel and Natalie for arranging to attend this international conference!

Soon, there will be more than 400 trained practitioners in the North. Everyone is doing such important work with parents, families and communities. I’ve been thinking about how I can better serve and support you in your endeavors. In other words, how can we better communicate about the work that you’re doing and how practitioners can communicate and support each other, as we train more and more practitioners in the future.

Should we have a regional practitioner meeting soon, or more community meetings through parent seminars? Let me know how you think Triple P in the northern region could be better implemented. To the practitioners that are already doing Triple P with their families, e-mail or call the office in The Pas. I’d like to know what two things have worked for you and what you would do differently.

I’ve also been thinking about how a bit of effort can make a big difference. Imagine if every practitioner set a goal of working with two families in their communities within the next year. That would be 800 families in Northern Manitoba, working to improve the communication in their own homes. What would this look like across the whole province? I hope this helps you now begin to see how much more communication we will have in our families and communities.

Let’s talk about how we can make this wonderful program even stronger here in Northern Manitoba.

I look forward to hearing from you soon!

Louanne Beaucage
Provincial Coordinator
Triple P – Northern Region

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

