

Triple P

Positive Parenting Program

Manitoba Triple P
Newsletter

Spring 2011

Sharing Positive Parenting Information

As counsellors with Pluri-Elles (Manitoba) Inc. Chantal Lambert and Christine Fontaine participated in Triple P training and accreditation.

Both reported the training was “excellent and well-organized.”

They learned how to help others develop positive parenting practices. These practices promote healthy child development and a more peaceful home life.

“Fabrice Brodard was an excellent instructor who really helped us use a feedback approach – a technique that is very helpful in facilitation,” says Chantal Lambert. “He really prepared us well – in a manner that made us feel confident to deliver the program to adults

who are responsible for the well-being of children.”

Christine Fontaine says the accreditation process was also a very good experience.

“It provided an excellent opportunity to apply what we learned from the program and how the material should be used,” says Christine. “The experience was beneficial and we were able to share our ideas and comments.”

Both Chantal and Christine say they were so pleased with the training experience that they enrolled three other counsellors from Pluri-Elles (Manitoba) Inc. – Leslie, Justine and Sophie – in a Triple P training session as well.

Both of these counsellors said Louanne Beaucage and Gisèle Kolodka from Healthy Child Manitoba did an “extraordinary job” throughout the training and accreditation sessions.

“They were always available to answer our questions and to send us materials, if needed,” say Chantal and Christine. “We very much appreciated their enthusiasm and support.”

Soon after their training sessions, both Chantal & Christine decided to share their program knowledge with community parents and other caregivers by leading two very successful Triple P groups.

The pair reported that participants appreciated learning more about concepts and methods that can help promote learning and positive behaviour in children.

“Some did not realize that their behaviour and disciplinary techniques were negatively affecting their children’s behaviour,” says Chantal. “After taking the Triple P program, they were able to make changes in their behaviour that have had a more positive impact on their children.”

At the end of the groups, parents reported having more confidence in themselves and their parenting skills. They felt better prepared to face future parenting challenges.

Pluri-Elles (Manitoba) Inc. is a not-for-profit organization that provides members of the Francophone community, of all ages, with tools for personal and professional development. Staff provides employment, literacy, counselling and peer support programs and services.



Healthy Child Manitoba
Putting children and families first

Manitoba 

Dr. Matt Sanders Answers Practitioners' Questions:



Professor Matt Sanders

What is the best way to help a parent who always blames themselves for their child's behaviour, especially when the self-blame gets in the way of them making personal changes?

It is important to tell parents that self-blame is not helpful. Not one, but many factors usually cause child behaviour problems. Remind them that they did the best they could with the information they had at the time. They now have new information that they can put into practice to see what may be helpful. Watch the parent's progress to see if personal adjustment issues prevent them from learning new parenting skills. The parent may benefit from the Coping Skills Module of the Enhanced Triple P intervention, before or after the parenting component.

In a parenting group, one couple dominates the session by talking over other parents and discussing examples from their own experience. How do I manage this couple and lead a group discussion that encourages all parents to participate?

Use strategies to get other parents to talk, while reducing opportunities for the talkative parents to take over the meeting. You could say, "Let's hear about the experiences of some other group members" to steer the discussion to other parents. You could also ask someone else in the group directly for an example (ex: "John, what do you think is a way you could spend quality time with your child?") If you ask a general question of the whole group, you can be sure it will be the talkative parents who speak first.

During a session, what should you do if some parents are not following you and, instead, keep returning to their own agenda?

Try to prevent this by making sure everyone agrees with the meeting agenda from the start. Parents should also have a chance to add their own issues to the agenda.

Some parents may worry that there will not be enough time to discuss their issue. Tell them that having their issue

on the agenda means that it will be discussed at the meeting.

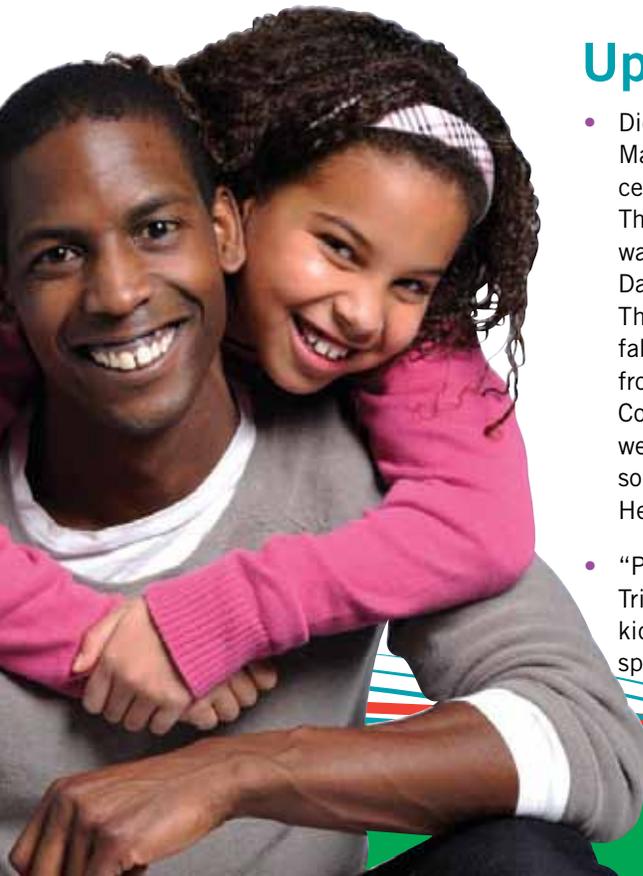
If this approach doesn't work, the practitioner might say "Jane, I notice that, as we have been discussing these strategies, you have made a number of comments about how difficult your week has been since your mother's visit. In setting the agenda, we agreed to talk about these concerns later in the session. Are your concerns about your mother's visit getting in the way of what we are talking about now?"

This approach provides an opportunity to review the agenda and make any necessary changes.

Matt Sanders is a Professor of Clinical Psychology and the founder of the Triple P – Positive Parenting Program. His home base is in Brisbane, Australia, where he is Director of the Parenting and Family Support Centre, University of Queensland.

Updates

- Did you know that Healthy Child Manitoba (HCM) just recently celebrated its 10th anniversary? The anniversary of the work of HCMO was celebrated at the National Child Day Forum in November of 2010. This included honouring some of the fabulous Community Champions from each of the Parent Child Coalitions across the province, as well as honouring and thanking some of the "Grandparents" of the Healthy Child strategy.
- "Positive Parenting Works," a major Triple P media campaign, has kicked-off! There are print ads, radio spots, billboards, transit advertising all running as well as sponsorship of the "Your Kids" section of Breakfast Television.
- We are currently producing 12 short Triple P video clips featuring some concrete tips for parents. These will be shown during the "Your Kids" section of Breakfast Television and will also be available on our website.
- The Triple P website is getting a face lift! Look for the new site in the next few weeks including podcasts from Dr. Matt Sanders, and much more take away information for parents including an expanded "Tips" section.



News and Views from the Northern and Francophone Co-ordinator

BONJOUR!

We are pleased to announce that the Healthy Child Manitoba Office offered the Triple P Positive Parenting Program training in French this past year.

This very first French training in Group Triple P took place in February 2010 at the Norwood Hotel – a very appropriate place because this hotel is located in the heart of St. Boniface, Winnipeg's largest francophone community. This French training was repeated in June and September.

With Triple P training in French, Triple P practitioners can provide this wonderful program to francophone communities province-wide. The Triple P materials, recently translated into French, were used for the first time here in Manitoba. This was also a first for Canada, as well as for Triple P International. A big thank-you goes out to le Service de traduction du ministère de la Culture, du Patrimoine et du Tourisme du gouvernement du Manitoba and to the Secrétariat aux affaires francophones.

A dedicated team of professional translators worked with Triple P International in Australia to ensure the Group Triple P resources were properly translated for use in Manitoba and across the country. The Triple P team at Healthy Child Manitoba also played a key role in arranging for Triple P International and Manitoba Government Translation Services to work together. Sincere thanks to Dr. Steven Feldgaier, Director of Triple P at Healthy Child Manitoba and to Triple P administrative assistant, Gisele Kolodka, for organizing the venue, training and accreditation. We also extend our appreciation to Fabrice Brodard, the trainer that

provided the francophone community with an exceptional training and accreditation experience. Merci Fabrice!

What does that mean for Manitoba to have Triple P trained and accredited francophone staff? It allows HCMO/ Triple P to better meet the francophone community's needs.

Manitoba has about 146,000 francophone residents. We now have a variety of organizations who have francophone staff ready to serve you. These include Pluri-elles, Division Scolaire Franco-Manitobaine, La Coalition francophone de la petite enfance du Manitoba, All Nations Co-ordinated Response Network Child and Family Services Agency.

I offer my heartfelt appreciation to Chantal and Christine from Pluri-elles for their incredible dedication. While still in training at their workplace, they led a group for francophone parents. There was so much demand, they started a second group as soon as the first one ended. Both groups were a success

and the parents who attended said that they have already used several of the Triple P strategies.

And a few words for the Northern region – stay tuned for more information about Triple P training opportunities in The Pas and Thompson this year.

Louanne Beaucage
Provincial Co-ordinator – Triple P
Northern and Francophone Regions
Office Phone: 1-204-627-2314
Cell: 1-204-795-5095



Surviving the School Holidays

Tips to Give to Parents

Spring break is coming up soon; here are some tips to make school holidays as easy as possible on everyone.

Although school holidays are a great time to relax and rejuvenate they can also be a stressful for parents searching for ways to keep children “amused”. So here are my top five tips to survive the school holidays.

Tip No 1: Sit down with your kids and plan activities that they can look forward to. Make a list of free activities, activities they can do at home, and activities with a budget. Check suburban papers and local councils for free holiday programmes or log onto the internet to see what’s happening in your area. Put the full list on the fridge and refer kids to the “activities at home” section when you’re hit with the “I’m bored” syndrome!

Tip No 2: Organise a holiday budget and discuss this with the children. It’s

important for children to understand that you don’t have a bottomless pit of money and that, in fact, you don’t need lots of money to have fun. You may like to plan some activities with a dollar tag attached but there are plenty of free activities in parks, museums, and libraries.

Tip No 3: Don’t fall into the trap of “full time entertainer”. Children need to learn to amuse themselves and to find interesting and fun things to do in a safe environment. Depending on your child’s age you may need to help them start an activity but don’t take it over. And remember, it’s important to show an interest when your child is busy and absorbed and not just when they’re bored and seeking an audience.

Tip No 4: Set ground rules for computer and TV use such as turn taking and time limits. Although it’s ok for children to watch a little more TV or

Professor Matt Sanders

use the computer more often during the holidays, it’s important that children have a balance of indoor and outdoor activities. Set a time limit and monitor programmes and computer games. If turn taking is a problem, set a timer and allocate a time limit for each child.

Tip No 5: It’s easier to look after children’s needs if we also look after our own needs as parents. Set aside some child free time. Organise a play at a friend’s house or enlist the help of relatives to give you a break. If our own needs as adults are neglected, it’s much more difficult to be calm, patient, and consistent with our children.

Professor Matt Sanders is founder of the Triple P - Positive Parenting Program. See www.manitoba.ca/triplep for more information.



Dr. Steven Feldgaier

Meet Dr. Steven Feldgaier – Director of Triple P for Manitoba

Helping parents better relate to their children has long been part of Dr. Steven Feldgaier’s work. A clinical child psychologist, Dr. Feldgaier said his 2005 appointment as director of Triple P in Manitoba seemed like a natural progression in his career path.

“I have lots of experience in working with children and counselling parents,” says Dr. Feldgaier. “This is the kind of work I’ve done for my entire professional career.”

Dr. Feldgaier came to Healthy Child Manitoba’s Triple P program in a secondment from the department of Clinical Health Psychology at the University of Manitoba. He oversees the program’s development in the province

and leads a team of professionals dedicated to helping parents and children.

“It is gratifying to see the very strong commitment among Triple P practitioners across the province,” says Dr. Feldgaier. “One of the benefits of my job is that I get to travel around Manitoba, meeting parents and practitioners and seeing the good work they are doing to meet the needs of parents and children.”

“Many of the challenges parents face are basically the same, no matter where they live. Everyone wants the best for their kids.”

Dr. Feldgaier says parenting is a challenge for everyone at times.

Triple P’s goal is to give parents the information, services and support they need to meet those challenges.

To date, more than 1,200 practitioners, across all service sectors, have been trained and accredited in Triple P. Training continues for First Nations and francophone practitioners.

“Over the past five years, we have been very pleased with the response to Triple P,” says Dr. Feldgaier. “Our team does a great job and the public feedback has always been very positive. We will continue to work together to strengthen the Triple P program in Manitoba to help parents succeed at the very rewarding but sometimes challenging job of parenting.”