



Welcome to Edition 7

THE PSYCHOLOGY OF PARENTING PROJECT (PoPP)

The Psychology of Parenting Project (PoPP) is a Government sponsored project which aims to offer support for parents/carers whose young children are showing behaviour difficulties such as frequent temper outbursts, defiance, and aggression towards other children. West Lothian Community Health and Care Partnership has become a Wave 1 implementer site, which will see the roll-out of evidence based parenting programmes across the Council.

The project will be evaluated using measures before and after the group, and this will contribute to what we know about support for parents/carers and helping children do better at school and in later life. We want to join with parents/carers to make a difference for the children.

We know that being a parent/carer is hard work, and it is even harder now because parents and carers are often doing it largely on their own with little support, and they are often juggling the demands of parenting with those at work.

Research shows that if we offer such support for parents/carers early enough, e.g. while children are still at Nursery School, then they have a better chance of settling and doing well at school. We aim to be able to offer support through two parenting groups, which have been shown to work with other parents. These are the **“Incredible Years”** and **“Triple P”** (Positive Parenting Program).

One or other of these groups will be offered to all parents/carers whose children are clearly identified as having the above difficulties and who are aged between 3 and 4 years. An important part of these groups is that parents and carers help and encourage each other to make the changes that help children get on in the world, and in particular, manage their behaviour better. In essence, the groups help parents and carers make their own changes, through support from other parents/carers and through the ideas shared in the groups.

We will be offering Incredible Years and Triple P to all parents/carers whose 3 and 4 year old children show these difficulties. We are looking at how we can identify these children, and be able to offer these groups to all the parents/carers. These courses start in August/September (Incredible Years), and October (Triple P).

A lot of different groups of workers will be involved, including Sure Start, the Family Centres, the Children and Young People Teams, Health, Education, and some of the voluntary agencies. We are looking for assistance from our partners in helping to identify parents and carers who will benefit from the support of the project.

This is a very exciting opportunity for us all to try and make a significant difference to the 3 and 4 year old children in West Lothian. In the sections below, the two groups are described.

John Rogers, Parenting Co-ordinator West Lothian

Incredible Years

This was developed in the 1980's by Professor Webster-Stratton in Seattle, USA, and has been researched to show it works. It is for this reason that the Scottish Government is promoting the use of this group for parents and carers.

Parents/carers meet weekly for 2 hours over 16-18 weeks. Up to 12 parents/carers (preferred number up to 10) attend the group. The group helps parents/carers identify what they want to get from the group and to use the positive parenting ideas to build their relationship with their child and reduce the behaviour problems. Parents and carers support each other in trying out the ideas on the course and at home. These ideas include helping the child with play, helping the child deal with emotions, the use of praise, using routines, setting limits, and non-punitive consequences. Films are shown to illustrate some of the ideas, but parents and carers learn from discussion in the group and from trying the ideas at home.

Incredible Years aims to:

- Treat child aggression and behaviour problems
- Prevent any problems becoming worse in later years
- Promote the social and emotional development of the children
- Promote parenting through positive, attachment relationships, and enabling parents and carers to see the world more from the child's point of view.

We plan to run around 16 Incredible Years groups over the next academic year, starting in August/September this year.

Triple P (Positive Parenting Program)

This group was developed in Australia by Professor Sanders. Like Incredible Years, it aims to support parents/carers whose children are showing signs of having behaviour problems such as temper outbursts, aggression towards other children and defiance. Parents/carers choose their own targets about what they want to get from the group, and they get support in this from the other parents and from the ideas in the group. It has been researched and it has been shown that it works for parents/carers and their children.

The group lasts 8 weeks and there will be up to 10 in each group. For the first 4 weeks parents/carers meet as a group, and ideas from Triple P are shared. In the next 3 weeks parents/carers are contacted by phone about how they are getting on with their own targets. Finally the group meets to share how they have got on. We plan to run at least 30 groups over the academic year, starting in October.

Triple P aims to:

- Promote the social and emotional development of the children (e.g. so they can manage their anger, get on better with other children) and so help reduce problems that might arise later in life, if issues were not addressed with the children now
- To encourage parents/carers to feel they can solve their own problems using the ideas from the group, so building confidence and self-sufficiency
- To encourage awareness of the importance of providing the sort of environment that helps children grow

The concept rests on the ideas of providing a safe, positive learning environment for children, on being firm and fair in setting limits, having realistic expectations of the children and on parents/carers looking after themselves so they don't feel overwhelmed. Films showing parents and carers in action, group discussions and workbooks are used, as well as the support from other parents and carers.

Summary

This is an exciting project and it will take a lot of work to make it effective. We look forward to your support in making it work, particularly in helping us find the parents/carers who need the courses most. You can find more information on the Parenting West Lothian Website. We also plan a Seminar:

**Right Course, Right Parent, Right Time?
31st May 2013, . 1.00pm till 3.30pm
at the Burgh Halls, Linlithgow.**

If you would like to attend, please contact Sure Start on surestart@westlothian.gov.uk