



Psychology of Parenting Project



Partners Newsletter

POPP

westlothian.gov.uk



January 2014

Winter Issue

Review of Run 1 of PoPP Programmes

The West Lothian PoPP Team has now completed the first run of group work programmes. The first run consisted of 8 Incredible Years Groups and 6 Triple P Groups, with 66 parents successfully completing programmes. Positive feedback was received from PoPP National Team in respect of the level of practitioner activity – most workers delivered groups as part of the first run. Targeting the right parents was also a feature of the first run, with most parents/carers recruited to groups belonging to the target population. The biggest risk the project faces remains generating the number of referrals expected – 10% of children aged 3 and 4 years exhibiting elevated levels of behavioural problems.

Referrals, Referrals, Referrals

As we look to finalise our preparations for the second run of group work programmes rolling out in February 2014, we are in need of referrals for those parents/carers requiring support from the project. Planned activity is outlined in the table shown below.

Triple P

Incredible Years

Area	Day/Time	Area	Day/Time
Addiewell	Monday am	Armadale	Thursday pm
Armadale	Friday am	Beatlie	Tuesday am
Bathgate	Thursday pm	Dedridge	Tuesday am
Blackburn	Wednesday pm	East Calder	Thursday am
Broxburn	Friday am	Knightsridge	Tuesday am
Craigshill	Tuesday am	Ladywell	Thursday pm
Ladywell	Tuesday am	Polbeth	Wednesday am
Whitburn	Thursday pm		

For further information on groups running in these localities and/or how to refer please contact us at popp@westlothian.gov.uk

PoPP Practitioner Commitment

PoPP Practitioners have one day a week for all PoPP related activity. The one day a week includes times when groups are not running. If managers or staff are experiencing issues or difficulties in respect of this then please inform the Local Area Co-ordinator directly by email at dale.marsters@westlothian.gov.uk or telephone 01506 282940.

Triple P Opportunities for 2 Staff

West Lothian PoPP has an opportunity to recruit and train two additional Triple P practitioners towards the end of February 2014. In addition to undertaking the training (Core training is 24-26 February - 3 days), workers need to be released for 1 day per week over the next 2 and a half years and have their workloads reduced accordingly in order to enable them to deliver programmes as part of the PoPP.

What's in it for workers?

- Accredited training and ongoing support;
- Developing skills and experience; and
- Being part of a multi-agency team.

What's in it for organisations/service areas?

- Building capacity of staff and service; and
- Further developing partnership working.

A summary of the programme is included on the next page. For further information email dale.marsters@westlothian.gov.uk or telephone 01506 282940. Interest should be expressed by no later than **14 February 2014**.

Level 4 Group Triple P (Positive Parenting Programme)

- Part of the comprehensive, multi-level system of parenting interventions developed by Prof. Matt Sanders at University of Queensland , Australia that targets high-risk children and parents
- General aims are:
 - to promote the development, growth, health and social competencies of children and young people;
 - to promote the development of non-violent, protective and nurturing environments for children;
 - to promote the independence and health of families by enhancing parents' knowledge, skills and confidence;
 - to enhance the competence, resourcefulness and self-sufficiency of parents in raising their children; and
 - to reduce the incidence of behavioural problems, child abuse, mental illness, and delinquency.
- Up to 12 parents attend a group
- 2 group facilitators lead each group
- 8 week group programme - four 2-hour group sessions (once per week), followed by three individualised 15 – 30 min telephone calls (once per week), and then one final group session.
- A self-regulatory model promotes parental self-sufficiency and self-efficacy and supports the adoption of specific parenting skills linked to the following five core positive parenting strategies:
 - Providing a safe and engaging environment;
 - Providing a positive learning environment;
 - Assertive discipline;
 - Realistic expectations; and
 - Parental self-care.
- An empowering approach helps parents to identify their own goals and to discover and adopt positive parenting strategies that develop and strengthen a positive relationship with their child, increase desirable and reduce undesirable behaviour through such methods as:
 - Spending quality time with their children;
 - Giving praise, attention and rewards;
 - Establishing predictable routines; and
 - Providing clear and effective limits.
- Methods and resources include DVDs, powerpoint slides, parent workbooks, group discussion, role-plays and home-based goal-driven practice