

HOW STEPPING STONES TRIPLE P CAN SUPPORT PARENTS OF CHILDREN WITH AUTISM

AN OVERVIEW OF THE PROGRAMME, RESEARCH, AND CASE STUDIES
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WHAT IS STEPPING STONES TRIPLE P?

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WHAT IS STEPPING STONES TRIPLE P?

PART OF THE TRIPLE P SYSTEM

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WHAT IS STEPPING STONES TRIPLE P?

PART OF THE TRIPLE P SYSTEM: THEORETICAL BASIS OF TRIPLE P

- Learning theory
- Developmental research on social competence
- Research on risk and protective factors
- Cognitive social learning theory
- Public health and community psychology

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WHAT IS STEPPING STONES TRIPLE P?

PART OF THE TRIPLE P SYSTEM: TRIPLE P'S SELF-REGULATORY APPROACH

- Help parents develop the skills they need to raise confident, healthy children and teenagers and to build stronger family relationships
 - Simple and practical strategies that can adapt to suit family values, beliefs and needs
 - Work on planning ahead and responding effectively to everyday situations
 - Parents set their own goals and learn how to assess their progress

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WHAT IS STEPPING STONES TRIPLE P?

PART OF THE TRIPLE P SYSTEM: TRIPLE P'S EVIDENCE BASE

- Research ongoing for more than 35 years
- More than 850 trials, studies and published papers
- Triple P works across cultures, socioeconomic groups and family structures
- Triple P is estimated to have helped approximately 4 million children and their families
- Used in more than 25 countries and translated into 21 languages other than English

20+
LANGUAGES

25+
COUNTRIES

850+
PAPERS

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WHAT IS STEPPING STONES TRIPLE P?

STEPPING STONES TRIPLE P

- Extends the Triple P suite of programs for populations with additional needs
- Family-centred approach
- Increase parental confidence and skills to support children's development
- Communication about parenting issues
- Reduce parental stress
- Less use of coercive or punitive strategies

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WHAT IS STEPPING STONES TRIPLE P?

INTENDED POPULATION FOR STEPPING STONES TRIPLE P

- Families with pre-adolescent children
- Children present with diagnosed (or undiagnosed) developmental challenges
- Management and prevention of mild to moderate behavioural challenges
- Families already in the care of specialists
- As a support for other therapies
- Stepping Stones Triple P is specifically recommended in the 2015 NICE Guidelines for Challenging Behaviour Learning Disabilities

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WHAT IS STEPPING STONES TRIPLE P?

STEPPING STONES TRIPLE P PRINCIPLES OF POSITIVE PARENTING



- Having a safe, interesting environment
- Having a positive learning environment
- Using assertive discipline
- Adapting to having a child with a disability
- Having realistic expectations
- Being part of a community
- Taking care of yourself as a parent

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THE STEPPING STONES TRIPLE P STRATEGY PYRAMID




Intensity ↑

TIME OUT
QUIET TIME
LOGICAL CONSEQUENCES BLOCKING BRIEF INTERUPTION
PLANNED IGNORING CLEAR, CALM INSTRUCTIONS TEACH CHILDREN TO COMMUNICATE
DIVERST TO A NEW ACTIVITY SET CLEAR GROUND RULES DIRECTED DISCUSSION
BEHAVIOUR CHARTS
SET A GOOD EXAMPLE PHYSICAL GUIDANCE INCIDENTAL TEACHING ASK, SAY, DO TEACH BACKWARDS
DESCRIPTIVE PRAISE GIVE ATTENTION PROVIDE OTHER REWARDS HAVE INTERESTING ACTIVITIES ACTIVITY SCHEDULES
SPEND QUALITY TIME WITH YOUR CHILD COMMUNICATE WITH YOUR CHILD SHOW AFFECTION

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WHAT IS STEPPING STONES TRIPLE P?

STEPPING STONES TRIPLE P PROGRAM VARIANTS



- Level 2 Selected (Seminars) Stepping Stones Triple P
 - Seminar topics:
 - Positive Parenting for children with a disability
 - Helping your child reach their potential
 - Changing problem behaviour into positive behaviour
 - Approximately 60 minutes, plus 30 minutes for questions
 - Stepping Stones Triple P Tip Sheets Series

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WHAT IS STEPPING STONES TRIPLE P?

STEPPING STONES TRIPLE P PROGRAM VARIANTS

- Level 3 Primary Care Stepping Stones Triple P
 - 4 brief one-to-one parenting sessions:
 - Assessment of the presenting problem
 - Developing a parenting plan
 - Review of implementation
 - Follow up
 - 15-30 minutes per session
 - Triple P Stepping Stones Booklet Series

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WHAT IS STEPPING STONES TRIPLE P?

STEPPING STONES TRIPLE P PROGRAM VARIANTS

- Level 4 Group Stepping Stones Triple P
 - 9 week program
 - 6 group sessions (2 ½ hours each)
 - 3 individual telephone consultations during at home practice (15-30 minutes each)
 - Stepping Stones Triple P Group Workbook
- Level 4 Standard Stepping Stones Triple P
 - 10 session program
 - In-home or in clinic sessions
 - Direct observation of parent and child
 - Practice sessions
 - 1 hour per session

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STEPPING STONES TRIPLE P RESEARCH

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STEPPING STONES TRIPLE P RESEARCH

(IN GENERAL)

- There have been two systematic reviews and meta-analyses, and two large scale initiatives focusing on Stepping Stones Triple P
- Systematic reviews and meta-analyses
 - Both studies examined the effect of Stepping Stones Triple P on child and parenting outcomes. Overall findings indicated significant improvements for child behaviour problems, parenting styles, parent satisfaction and self-efficacy, parental adjustment, and co-parental relationships, demonstrating support for Stepping Stones Triple P as an effective intervention for families of children with disabilities
- Large scale initiatives
 - Both initiatives offered Stepping Stones Triple P to families of children with a disability in selected municipalities (in Denmark and Australia respectively) and evaluated the program as an intervention on a large scale. Findings demonstrated significant improvements in parents' stress, wellbeing and satisfaction, and parenting skills and mastery

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STEPPING STONES TRIPLE P RESEARCH

(FOCUSED ON PARENTS OF CHILDREN WITH AUTISM)

- There are at least eight studies evaluating Stepping Stones Triple P as an intervention for families of children with Autism
 - Three of these studies were Randomised Controlled Trials (RCTs)

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STEPPING STONES TRIPLE P RESEARCH

(FOCUSED ON PARENTS OF CHILDREN WITH AUTISM – OUTCOMES)

- Acceptability
 - Research indicated that parents viewed Stepping Stones Triple P positively, finding it to be acceptable, helpful, usable and satisfactory as an intervention
- Positive parenting outcomes
 - Findings also demonstrated significant improvements for child behaviour, dysfunctional parenting styles, parental over-reactivity, parental verbosity, conflict about parenting, parental self-efficacy, parental wellbeing, parenting confidence, parental stress, family functioning and relationship happiness

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STEPPING STONES TRIPLE P RESEARCH

(FOCUSED ON PARENTS OF CHILDREN WITH AUTISM – OUTCOMES)

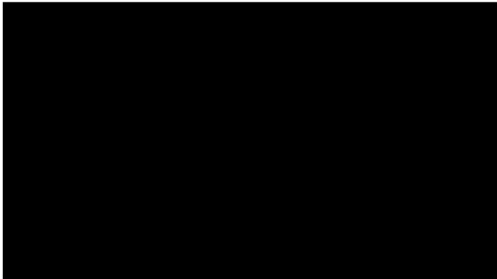
- Attributional differences
 - Findings suggested that parents were less likely to attribute their child's misbehaviour to intrinsic factors and more likely to consider situational factors, as well as being more likely to believe that change is possible for their child's ASD-related behaviour
 - Research also indicated that parental attribution is predictive of change in dysfunctional parenting styles, such as over-reactivity and verbosity

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CASE STUDIES

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PRACTITIONER EXPERIENCE OF STEPPING STONES

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MOTHERS SAY STEPPING STONES HELPED SONS WITH AUTISM
 In Australia, two mothers' lives have changed. One no longer fears for her son's safety. The other says her family can go on outings together for the first time. And they both credit Stepping Stones Triple P.

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CATHY, GOLD COAST, AUSTRALIA
 (CATHY'S SIX- YEAR-OLD SON HAS AUTISM AND WAS HITTING, SCRATCHING AND HAVING MELTDOWNS DURING SHOPPING TRIPS.)

"[Stepping Stones] Triple P showed us ways to control the behaviour and taught us that getting into a routine would make our lives easier and better. It all sounded so simple and the best part was that once we put into practice what we were taught at each session, it did actually work! Before Triple P we devoted every waking minute to Robert... I thought the only meaningful thing I would do with my life would be looking after Robert. Triple P taught me that I could still contribute to the community and they showed me how important it was that I make time for myself and still have time for Robert.

I wish I could show you what Robert is like today and how much he has changed from when we began the Triple P programme. If you saw us out today, you wouldn't think he was the same child. As for me, well I can now go to work without worrying about whether or not I am doing the right thing. I just hope that all families who have a child with a disability have the opportunity [to do Stepping Stones] as our family is living proof that it can make a huge difference to their lives."

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ALICIA AND ADAHLEIGH
 BEFORE SHE STARTED DOING TRIPLE P, ALICIA LOWE WAS FINDING IT TOUGH TO KNOW HOW TO DEAL WITH SOME PARTICULAR PARENTING CHALLENGES—EVEN THOUGH SHE WAS A QUALIFIED AND EXPERIENCED EARLY CHILDHOOD EDUCATOR.

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