

FAMILY TRANSITIONS TRIPLE P ONLINE¹

WHAT IS FAMILY TRANSITIONS TRIPLE P ONLINE?

Family Transitions Triple P Online involves five online modules with videos and interactive activities that parents complete independently in their own time and at their own pace, from a computer, tablet or smartphone. The programme is designed for parents who are experiencing personal distress from separation or divorce, which is impacting on or complicating their parenting. Parents may be concerned that the divorce is upsetting their children or they may want to learn ways to talk to their children about it and teach them ways to cope. Parents have online access to complete the programme for 12 months.

WHO IS IT FOR?

Parents who prefer or are more suited to completing an online programme due to busy schedules, geographical isolation, or inability to attend regular parenting courses. The online programme may also be used by families waiting for clinic services or as an adjunct to in-person services (e.g. missed clinical sessions or session reviews).

WHAT IS COVERED IN THE PROGRAMME?

Module 1: Separation or Divorce - a family transition

During this module, parents learn about parent traps during separation and divorce, how to talk to their children about separation and divorce, look at the things that are going well and decide what they would like to be different within their family.

Module 2: Coping with emotions (1)

Parents learn to identify unhelpful emotions (e.g. stress, anxiety, anger) and the link between these unhelpful emotions and parenting. Coping skills and relaxation strategies will also be discussed during this module. Parents will also be introduced to ways of supporting children with their own emotions.

Module 3: Coping with emotions (2)

This module teaches parents how thoughts influence emotions and how they can challenge those automatic unhelpful thoughts. They will also learn coping strategies and the importance of taking care of themselves.

Module 4: Managing co-parent conflict

During this module, parents are introduced to a model of conflict and different conflict response styles. Parents will learn assertive communication skills, how to hold child related discussions with their former partner, problem solving techniques, and how to develop a parenting plan.

Module 5: Balancing work, family and play

During this module, parents are shown ideas about how to develop a new family identity and the importance of social support.

Note:

It is recommended that these five modules be followed by a Level 3 or 4 Triple P programme (including Triple P Online).

WHAT RESOURCES DO PARENTS RECEIVE?

Each family receives a Family Transitions Triple P Online access code. Within the programme, a text summary of the content and parents' responses to activities are automatically saved to a personalised workbook, which parents can print or email. Parents can also download worksheets.

HOW MUCH TIME IS NEEDED TO DELIVER THE PROGRAMME?

A practitioner is not required to deliver the programme, unless organisations or services decide to provide additional telephone/video call support to families completing Family Transitions Triple P Online. This is optional and can be estimated at 45-minutes per family requiring support (up to three 15-minute telephone/video calls).

HOW DO PARENTS ACCESS THE PROGRAMME?

Each user requires a unique access code to use Family Transitions Triple P Online. Agencies can either purchase access codes in bulk and provide these to parents, or parents can purchase an access code directly from the Triple P parent website.

¹ This programme is aimed at managing co-parenting communication and creating positive co-parenting relationships. It isn't designed to manage situations where there are safety concerns regarding engaging with your co-parent or there is a history of family violence. In that situation, please reach out to your local domestic and family violence support provider.