



REMOTE DELIVERY VARIATIONS

Group Triple P

Restrictions due to COVID-19 require us to think of ways to support parents when we cannot work with them in person. Below are considerations for flexible delivery during this challenging period.

Note: An option to provide immediate remote support is Triple P Online. See Online Parenting info sheet.

Group Triple P, Group Teen Triple P and Group Stepping Stones Triple P	
<p>Variations to delivery: Online platform</p>	<ul style="list-style-type: none"> • Consider whether you will deliver to a group or individually when choosing an online platform (e.g. Skype/FaceTime/Zoom*) • If a group format is possible, consider providing an opportunity for informal communication between parents before or after the sessions. • Parents could view the DVD by sharing your screen. If this is not successful (e.g. slow internet connection), it's possible to play the DVD in the background to share the audio only (additional commentary may be required), or read the relevant section of the Positive Parenting Booklet, which contains the same information as the DVD. You could demonstrate live the strategies that may be more difficult to understand by only listening to the DVD (e.g. teaching backwards in Stepping Stones). • Parents could complete behavior rehearsal online. While this might be simpler with strategies like praise, with more complex processes such as the Start Routine, you could still play the role of the child in order for the parent to practice the steps. • Consider how you might check parents are 'on track' or keeping up with the content in an online environment. • It's helpful to have a plan for how parents can make comments or ask questions in an online environment.
<p>Other issues to consider</p>	<ul style="list-style-type: none"> • Does the parent have safe activities for the children while you work with them online/by phone? • Have you allowed for additional time in case this is needed to complete the session? • If no online options are available, the program could be delivered individually by telephone. Consider that delivery in this mode means parents would only be able to listen to the DVD.
<p>Tips</p>	<ul style="list-style-type: none"> • The content can be fully delivered via these alternatives, and the process or strategies do not need to change. • For more support, please contact your Triple P manager or Implementation Consultant.

*Please check that your chosen platform complies with local legislation in your area.