Family Transitions Triple P Session 1 Checklist

Use this as a guide and as a record of what you covered in the session. Indicate with a tick (✓) if the item was covered. Leave blank if the item was omitted.

Date: .............................  Number of Participants: ..........................
Start time: ........................ Finish time: .................................

Content checklist

1. Introduction
   - Welcome and self-introduction
   - Congratulate parents on making the commitment to participate
   - Provide an overview of Family Transitions Triple P

2. Agenda
   Working in groups
   - Exercise 1 – Setting basic ground rules
   - Exercise 2 – Getting to know you
   - Exercise 3 – What you would like to get out of the group sessions

3. Session introduction
   What is a positive transition through divorce?
   Discuss the challenges of divorce
   - Write words on whiteboard to describe divorce
   - What are the challenges for parents going through divorce?
   Five key principles of positive transitions through divorce
   Mention these will be looked at in detail in:
   - Managing intense feelings – Session 2
   - Co-parenting – Session 3
   - Communicating with children – today
   - Setting up life as a single parent – Session 4
   Taking care of yourself – each week
   Ask parents if they think there is anything else that is important for a positive transition for children following divorce

4. Introduce parent traps
   Ask parents to turn to page 7 in their workbooks to mark off factors influencing their own child as it is discussed
   This is a lengthy exercise so stop after each section
   - Ongoing relationships
   - Conflict
   - Parenting
   - Burdening children with adult concerns
   - Exercise 5: Identifying causes of impact of behaviour on children
   - Exercise 6: Understanding how children are affected by parent behaviour
5. Talking to your child about divorce
   • What children need to know
   • Discuss challenges parents may have with this
   • How parents can help
   • Discuss challenges parents may have with this

6. Helping children manage emotions
   • Introduce characteristics of emotions in children
   • Discuss helping children manage their emotions routine
   • Demonstrate strategy
   • Have parents role-play strategy

7. Set goals for change
   • Encourage parents to reflect back over the 5 principles and factors impacting on children and set some goals for changes they may want to make

8. Keeping track

9. Session close
   • Review the session
   • Explain tasks to be completed
   • Monitor behaviour that parent has set as a goal to change
   • Mention what we will do in the next session
   • Thank parents for their participation and attendance

Session notes

Additional agenda items (note any additional content or major deviation from the set program)

Signature: ________________________________ Date completed: ________________
Family Transitions Triple P Session 2 Checklist

Use this as a guide and as a record of what you covered in the session. Indicate with a tick (✓) if the item was covered. Leave blank if the item was omitted.

Date: .............................................. Number of Participants: ..........................
Start time: ...................................... Finish time: ..............................................

Content checklist

1. Agenda
   • Provide an overview of the session

2. Review of Session 1
   • Ask parents what was the most important thing they learned in the last session. *Why was that important to you?... … has anyone got any other comments?...I’m glad the session gave you some food for thought.*
   • Review session content
   • Review homework
   • Go around the group and have each person say what their target behaviour was and how they went monitoring it and what did they learn

3. Unpleasant emotions
   • Introduce unpleasant emotions
   • Exercise 1: Common triggers
   • Recognising unpleasant emotions
   • Discuss each emotion (stress, anxiety, anger, depression) and then prompt parents to do Exercise 2 as a large group after each section
   • Exercise 3: How does anger affect my co-parenting relationship?

4. How emotions work
   • Introduce the idea of thoughts influencing feelings, rather than the situation
   • Exercise 4: Linking thoughts to feelings

5. How emotions affect parenting
   Coping with unpleasant emotions
   • Without introduction, do the sultana exercise
   • Ask parents to describe what they learnt from that exercise
   • Introduce mindfulness and automatic pilot
6. Relaxation overview
   • Practise abdominal breathing
   • Practise progressive muscle relaxation
   • Practise imagination visualisation
   • Ask parents what they have found useful and why
   • Discuss indications for each type of relaxation
   • Discuss common problems with mindfulness and relaxation practise

7. Pleasurable and mastery activities
   • Have parents generate their own pleasurable activities
   • Explain activity scheduling

8. Session close
   • Review the session
   • Explain tasks to be completed
   • Select mindfulness/relaxation task to complete daily
   • Prompt and problem-solve problems to practicing
   • Mention what we will do in the next session
   • Thank parents for their participation and attendance

Session notes

Additional agenda items (note any additional content or major deviation from the set program)

Signature: ____________________________ Date completed: ______________
Family Transitions Triple P Session 3 Checklist

Use this as a guide and as a record of what you covered in the session. Indicate with a tick (✓) if the item was covered. Leave blank if the item was omitted.

Date: ...................................................................................................
Number of Participants: .........................................................
Start time: .............................................................. Finish time: ..............................................................

Content checklist

1. Agenda
   Provide an overview of the session

2. Review of Session 2
   - Ask parents what was the most important thing they learned in the last session. Why was that important to you?... has anyone got any other comments?...I'm glad the session gave you some food for thought.
   - Review session content
   - Review homework
   - Go around the group and have each person say what their target behaviour was and how they went monitoring it and what did they learn

3. How emotions work
   - Discuss how emotions work
   - Exercise 1: Linking thoughts to feelings
   - Exercise 2: How to monitor your thoughts

4. Catching unhelpful thoughts
   - Introduce unhelpful thoughts
   - Introduce coping statements; prompt parents to turn to page 30 in workbook
   - Exercise 3: Developing your own coping statements
   - Exercise 4: Preparing for high-risk situations

5. Getting ready to challenge unhelpful thoughts
   - Provide rationale for challenging unhelpful thoughts
   - Suggestions for questioning automatic thoughts

6. Common thinking errors
   - Exercise 5: Getting ready to challenge unhelpful thoughts
   - Describe each common thinking error and prompt parents to illustrate each situation with a divorce related example

7. Steps for challenging automatic thoughts
   - Review steps for challenging automatic thoughts
   - Using daily record of helpful thoughts, think about a common trigger that leads to unpleasant emotions for you and work through record in pairs
8. Taking care of yourself
   - Provide rationale for taking care of yourself
   - Exercise 6: Taking care of myself

9. Preparing for high-risk times

10. Session close
    - Review session
    - Explain tasks to be completed
    - Select mindfulness/relaxation task to complete daily
    - Prompt and problem-solve problems to practicing
    - Complete record of helpful thoughts
    - Mention what we will do in the next session
    - Thank parents for their participation and attendance

Session notes

Additional agenda items (note any additional content or major deviation from the set program)

Signature: .......................................................... Date completed: .........................
Family Transitions Triple P Session 4 Checklist

Use this as a guide and as a record of what you covered in the session. Indicate with a tick (✓) if the item was covered. Leave blank if the item was omitted.

Date: .............................................  Number of Participants: ............................

Start time: .....................................  Finish time: ...............................................

Content checklist

1. Agenda
   • Provide an overview of the session

2. Review of Session 3
   • Ask parents what was the most important thing they learned in the last session. *Why was that important to you... has anyone got any other comments?...I’m glad the session gave you some food for thought.*
   • Review session content
   • Review homework
   • Go around the group and have each person say what their target behaviour was and how they went monitoring it and what did they learn

3. Model of conflict
   • Introduce and explain model of conflict
   • Exercise 1: Conflict styles

4. Assertive communication
   • Ask parents what are common sources of conflict following separation or divorce
   • Discuss the characteristics of passive, aggressive and assertive communication; have parents demonstrate aspects
   • Exercise 2: Using assertive communication; prompt parents to use page 87 as a guide. Parents may choose their own scenarios if they want.

5. Guidelines for having discussions on child-related issues
   Have a discussion around the challenges parents find doing each of these
   • Preparation
   • The meeting

6. Responding to anger
   • Describe Responding to anger routine
   • Exercise 3: Managing anger
7. **Problem-solving process**
   - Define steps for problem-solving
   - Work through an example as a group
   - Exercise 4: Practising problem-solving
   - Group debrief

8. **Parenting plan**
   - Why have a parenting plan?
   - Suggested content for a parenting plan
   - Refer parents to page 94 for guidelines relating to child age

9. **Session close**
   - Review the session
   - Explain tasks to be completed
   - Use assertive communication
   - Develop parenting plan
   - Continue with relaxation/mindfulness practise
   - Mention what we will do in the next session
   - Thank parents for their participation and attendance

**Session notes**

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**Additional agenda items** (note any additional content or major deviation from the set program)

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Signature: .................................................. Date completed: .........................
Family Transitions Triple P Session 5 Checklist

Use this as a guide and as a record of what you covered in the session. Indicate with a tick (✓) if the item was covered. Leave blank if the item was omitted.

Date: ........................................... Number of Participants: ...................................

Start time: .................................... Finish time: .....................................................

Content checklist

1. Agenda
   - Provide an overview of the session

2. Review of Session 4
   - Ask parents what was the most important thing they learned in the last session. *Why was that important to you?... has anyone got any other comments?...I'm glad the session gave you some food for thought.*
   - Review session content
   - Review homework tasks
   - Go around the group and have each person say what their target behaviour was and how they went monitoring it and what did they learn

3. Balancing work, family, and play
   - Introduce the challenges facing divorced parents
   - Exercise 1: Assessing the balance

4. Building a new family identity
   - Building a new family identity
   - Exercise 2: What is going well in my life?

5. Social support
   - Discuss the influence of social support following divorce
   - Exercise 3: Assessing social support

6. Moving forward
   - Exercise 4: Deciding what you want your new life to look like
   - Making changes
   - Exercise 5: Setting priorities

7. Having realistic expectations
   - Group discussion – Is what we expect realistic?
7. Balancing work and family

- Group discussion – balancing work and family
- Challenges
- Strategies
- Key strategies (more in tip sheet)

8. Developing new romantic relationships

- Challenges parents have faced
- Guidelines to developing new relationships
- Exercise 1: Take time to get to know yourself

9. Session close

- Review the session
- Explain tasks to be completed
- Use ideas from Exercise 4 to make small changes each day to reach goals
- Continue with relaxation/mindfulness practise
- Mention what we will do in the next session
- Thank parents for their participation and attendance

Session notes

Additional agenda items (note any additional content or major deviation from the set program)

Signature: __________________________ Date completed: ________________