



Manual Upgrade Guide

Parents Plus Children's Programme – Fourth Edition

Notes for Facilitators using an Older Edition of the Manual

In November 2016, the Parents Plus Children's Programme (PPCP) was updated and fourth editions of the Facilitator Manual and Parent Booklet were published. If you are using an older edition of the PPCP Facilitator Manual with the fourth edition of the Parent Booklet, please note the changes outlined below.

Please note the DVDs for the PPCP have not changed in the Fourth Edition.

The new version of the PPCP Parent Booklet, can be used with older editions of the PPCP Manual – see notes below. However, **if you wish to exchange your older edition manual** for the 4th edition, this can be done by either:

- 1) Booking a PPCP training and bringing along the manual for exchange (please email in advance if you are doing this). This exchange is for free once the training is paid for.
- 2) For the fee of €50 + €10 postage and packaging for an already trained PPCP facilitator, if you return the original PPCP manual to the PP office.

Please email admin@parentsplus.ie to confirm exchange arrangements.

Changes in the Fourth Edition

1. We have created two posters (included in the Facilitator Manual) to facilitate the presentation of the course in a visual, accessible way.
2. We have reformatted the course content, so that in each session there is more balance between the Positive Parenting and Positive Discipline content.
3. The PPCP Parent Booklet is now in colour and we have tried to present the information in a clearer way that is accessible to more parents.
4. We have revised and extended some of the handouts, worksheets and group exercises.
5. The handouts and worksheets are no longer numbered and some titles have been updated.
6. In the Parent Booklet, a 'Plan for the Week' section has been added at the end of sessions 1-8. Based on the content covered in each session, this section encourages parents to try out certain ideas during the week. It also has suggestions for parental self-care activities and exercises.

Using Older Edition Facilitator Manuals with Fourth Edition Parent Booklets

Session 1:

- The Positive Parenting topic for Session 1 in the fourth edition is 'Tuning In' to Your Children'. You may wish to include a discussion in this section of the session by posing the following questions to the group:
 - What are the qualities of a good parent?
 - What is the best type of relationship to have with your child as a parent?
 - How important is it for parents to be in tune and connected with their children?
- There are some new handouts and worksheets in the fourth edition Parent Booklet for Session 1 on 'Tuning In' to Your Child', which can be discussed and completed with parents in-session.

Session 2:

- There is a new worksheet, 'Establishing Rules', in Session 2 in the fourth edition Parent Booklet. This can be completed and discussed with parents in-session as an alternative to the 'Switching Don't to Do' worksheet.

Session 3:

- There is a new checklist for parents in the fourth edition Parent Booklet on 'Routines and Rewards'. This can be completed and discussed in-session an additional exercise.

Session 4:

- The worksheet 'Becoming an Encouraging Parent' is now called 'Switch to Encourage'.
- The worksheet 'Thinking of Choices' is now called 'Consequences and Choices'.

Session 5:

- There is a new worksheet in the fourth edition Parent Booklet entitled, 'My Child's Good Qualities'. This can be completed and discussed with parents in-session as an alternative to the 'Homework' checklist.
- The Positive Discipline topic for Session 5 is now called, 'Discipline Plans' and there is new content in the fourth edition Facilitator Manual which explores whether using a 'Time Out' discipline system is controversial. Guidelines for the discussion exercise on Time Out are similar to the older editions, however, the content has been updated. A new concept of 'Time In' is also introduced in the fourth edition Facilitator Manual and this is discussed as an alternative to 'Time Out' (see notes below). The information on 'Time Out' and 'Time In' is summarised in the Session 5 handouts for parents in fourth edition Parent Booklet.
Using Time In as a Positive Alternative: In the Parents Plus Programmes we advocate positive alternatives to Time Out that focus on emotionally coaching and soothing children when they are in the middle of a meltdown or tantrum. Collectively, we call these Time In strategies as a means of highlighting their distinction to Time Out. In the Parents Plus model, we encourage parents to always (1) pause and (2) tune in to what is going on for their children before trying to (3) make the best choice in how to respond.

Session 6:

- The Positive Parenting topic for Session 6 is now called 'Problem Solving' and can be introduced by a group discussion starting with the following questions:
 - In dealing with misbehaviour, how can you prevent problems in the first place?
 - What is the best way to do this?
 - What ways can you prevent problems?
 - How can you teach a child how to behave well?
- Refer parents to the two problem solving examples in the Parent Booklet, notably, 'Children Fighting' and 'Homework Battles' and make the point that having a prevention plan to teach a child how to behave is very important. Whereas a step by step plan helps parents get through a bout of misbehaviour, it is the prevention plan that changes the child's behaviour in the long term.
- The same video input used in the older editions (DVD sections 1.3 and 8.3) are used in the fourth edition.

Session 7:

- The topic of 'Problem Solving with Children' can be introduced with a discussion using the following questions to start:
 - What is the value of problem solving with children?
 - What is the best way to get children to talk and be open about problems?
 - What is the best way to help children think up their own solutions?

Session 8:

- The Positive Discipline topic for Session 8 is now called 'Remaining Calm' and can be introduced by a group discussion starting with the following questions:
 - How important is it to remain calm when faced by problems?
 - What are the benefits of remaining calm?
 - What is the best way to remain calm?
 - How can you calm yourself when you feel annoyed?
- See the handouts and worksheets on Remaining Calm in the Resources and Appendices section of the fourth edition Facilitator Manual which is also available through the Member's Area on the Parents Plus website: www.parentsplus.ie

Special Issues:

There is now an extensive Extra Topics section in the Resources and Appendices section of the fourth edition Facilitator Manual. The Resources and Appendices section of the fourth edition manual can be downloaded from the Member's Area on the Parents Plus website: www.parentsplus.ie. You gain access to this area by registering online.