



POSITIVE PARENTING WEBINARS

STRUCTURE OF COURSE

This is a comprehensive parent training course aimed at working directly with parents to support, teach and nurture their skills. Topics can be chosen based on the target audience from the table below.

Sessions will teach parents specific skills needed to decrease disruptive behaviours and teach alternative positive behaviours. This is an interactive course that includes video vignettes, activity sheets and homework. A behavioural skills training (BST) approach will be used to deliver the course as this is most robust in teaching new skills and involves written/verbal instruction; modelling; role-play and feedback and review of homework.

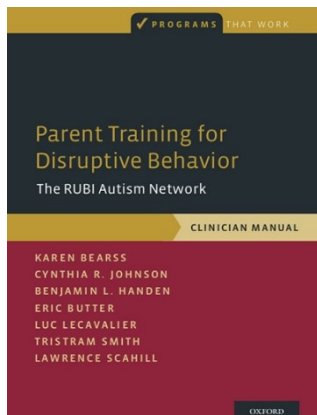
Classes of 1.5 hours are recommended so that information can be processed carefully without bombarding with too much information or feel like being back at school. Parents are expected to practise skills taught (where applicable) in between classes and then feed this back to the trainer the following week.

Small group classes are recommended of 8 participants maximum in order to facilitate 1:1 feedback and small group learning.

EVIDENCE-BASED CURRICULUM

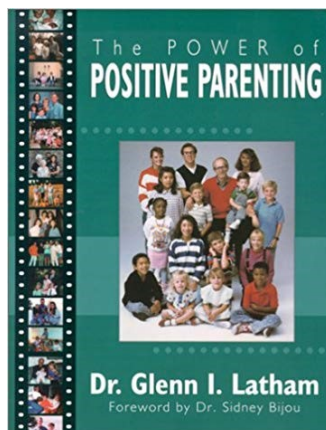
All our courses are based on scientific principles and peer-reviewed evidence-based intervention. Evidence is research findings derived from the systematic collection of data through observation and experiment and the formulation of questions and testing of hypotheses" (<https://ebbp.org>)

The following resources are used in conjunction with our hands-on experience implementing the skills covered in this parenting course:



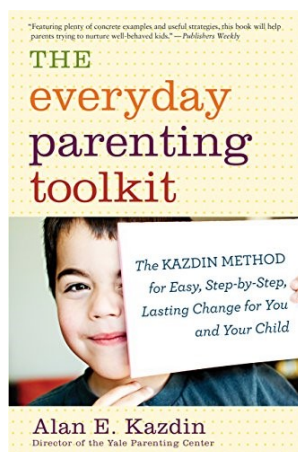
RUBI PARENTING MANUAL: this is an evidenced based structured parent training curriculum that aims to impart effective behavioural techniques for reducing disruptive behaviour in children and to promote acquisition of daily living skills. Although this manual is designed for parents of preschool aged children with ASD, it is also applicable to school-aged children.

The manual is based on principles of Applied Behaviour Analysis (ABA) and is designed for therapists to use with parents of children with challenging behaviours, such as tantrums, noncompliance, difficulties with transitions, and aggression. A trained therapist utilizes the manual to guide the parent in applying techniques and tools to help manage the child's challenging behaviours.



GLENN LATHAM: Dr Latham wrote 'The Power of Positive Parenting' and his principles are research-based and have stood the test of time for decades. Glenn's teaching and writings were anchored in sound principles and laws of learning from an applied behaviour analysis. He assisted hundreds of parents, educators, and administrators to solve complex learning and behaviour problems of children. He would often comment that "no child's behaviour is beyond change if the teaching methodology is used in a scientifically sound manner, consistently applying the principles of a behavioural analysis. Later in his career, Glenn wrote about

parenting from a Christian perspective, and his book, "Christlike Parenting" has been a bestseller at Cache Valley bookstores since its publication in 1999.



The Kazdin Method® has helped thousands of families learn effective parenting strategies. These techniques cannot only change parenting behaviour but also can reduce stress in the home often made a little worse by reminders, nagging, noncompliance, and routine behaviours that often occur in family life. Dr. Alan E. Kazdin has studied the techniques for three decades and has brought the many techniques together to help parents. And we know that a nurturing environment can have broad effects on children—better mental health, better physical health, better performance at school.

TOPICS COVERED

Topics in the RUBI curriculum follow this order:

TOPIC	SKILLS/ACTIVITIES	DATE
Parenting Traps	What NOT to do as a parent. Common parenting traps we fall into. How to create a positive relationship with your children and avoid coercives.	Recorded
Behavioural Principles	Introduction to ABA and understanding WHY WE DO WHAT WE DO Introduce concepts of functions of behaviour, antecedents and consequences of behaviour	Recorded
Prevention Strategies	Discuss antecedents to behaviour problems and develop preventive strategies to avoid challenging behaviours.	Recorded
Visual Supports	The use of visual supports to prevent problem behaviour. Develop a Daily schedule to reduce behaviour problems.	Recorded
Reinforcement 1	Introduce concept of positive reinforcement – to promote compliance, strengthen desired behaviours and teach new behaviours.	Recorded
Reinforcement 2	Introduce “catching your child being good.” Teach play and social skills through child-led play; positive pairing and rapport building skills.	Recorded
Planned Ignoring	Explore systematic use of extinction (via planned ignoring) to reduce behavioural problems that are attention maintained. The ethical use of planned ignoring.	May 2021
Compliance Training	Introduce effective parental requests and the use of guided compliance to enhance compliance and manage noncompliant behaviours	July 2021

Functional Communication Training	Through systematic reinforcement, teach alternative communicative skills to replace problematic behaviours	August 2021
Teaching Skills 1	Using task analysis and chaining, provide tools to replace problem behaviours with appropriate behaviours and how to promote new adaptive, coping and leisure skills.	
Teaching Skills 2	Teach various prompting procedures to use while teaching skills	Recorded
Generalization & Maintenance	Generate strategies to consolidate positive behaviour changes and generalize newly learned skills and maintain skills over time to avoid regression.	Recorded

Supplemental sessions that can be covered in isolation in any order include:

Token Economy Systems	This session provides parents with information on the proper use of token economies, star charts and point systems to promote positive behaviours in the home and community.	
Time Out	This session provides information on the proper use of time out, how to problem-solve if issues arise, and how to develop and implement a time out plan at home.	
Sleep Problems	This session provides information on how to address bedtime and sleep problems often observed in children, such as difficulties with bedtime routines, delayed sleep onset, night awakening, sleep association problems, and the child entering the parents' bed.	Recorded
Feeding Problems	This session helps the parent address a range of feeding problems that are commonly seen in children, such as food selectivity, mealtime behaviour problems, and overeating.	June 2021
Toilet Training	This session helps the parent address a range of possible toileting issues such as diaper rituals, refusal to use the toilet, and night-time toileting problems.	Recorded
Crisis Management	This session provides an opportunity to problem-solve the management of dangerous child behaviours, family crises and pressing educational issues.	
Sibling Rivalry	In this session parents will be given a step by step guide on how to react to sibling rivalry; how to apply consequences and react in a fair and consistent manner.	
Transitions	Does your child struggle with transitions? This session aims to give practical strategies for dealing with problems related to transitioning.	

Accepting no	Does your child struggle with accepting no or tolerating wait/delay of gratification of reinforcement and preferred items? This class will give practical strategies as well as visual supports for helping this skill acquisition.	Recorded
Preparing your child for the return of school	Practical ways to support your children with their wellbeing and anxiety around returning to school. Includes resources for home learning and for the transition back to school.	Recorded
Mindful parenting	In this class you will learn how to parent your child mindfully and how to determine and evaluate your parenting values. Based on strategies from Acceptance and Commitment Therapy.	

All classes will include data sheets, a pdf of the slides, review sheets and any further links required. Anyone signed up to a PTL programme or with a PTL associate gains access to the course as part of their package.