



Triple P - Positive Parenting Program

Provider Newsletter

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Triple P offers one provider a “new way” to work with families

When JoDee Robinson first heard about the **Triple P – Positive Parenting Program** she was skeptical.

Robinson's background is one as an educator, a case manager, an interventionist, and a kindergarten teacher. She worked for many years in New Jersey before coming to South Carolina about 12 years ago. She spent much of her career working with developmentally disabled children as well as autistic children. She had seen the best and the worst in parenting programs and wasn't sure if Triple P would live up to her high standards.

"I had been dealing with behavior management for so long and things had worked, so I wondered if this was one of those 'oh let's not break their spirit or discipline them,' kind of programs," said Robinson, who now runs Nuevos Caminos in Summerville. "I'm a strong believer in boundaries and my 'no' meaning 'no,' and my 'yes' meaning 'yes,' and that children at a very young age can't understand gray areas and a lot of these new behavior things were about not being so negative. I think those programs raise children for failure because they're going to hear, "No," and it won't prepare them for that in life."

After the first day of training in Triple P, however, Robinson became a believer.

"I thought, 'Wow, I really like this.' I went home and started going through the book and reading ahead and found that these are all the same principles that I've been applying for years with special education kids and here they are applying it to regular kids."

Robinson likes the consistency of Triple P as well as "the passion behind it and the fact that everything

goes back to the principle of what our goal is and not cramming everything down a parent's throat because they're not going to do everything. At least this encourages them to do something to help with issues at home."

Robinson says Triple P is perfect for Nuevos Caminos, which literally means, "a new way." Triple P has provided Robinson a new way to work with the families that are referred to her year old agency through the Department of Social Service and the Medical University of South Carolina. Most of those who come to her agency are referred because there is either abuse or neglect

currently happening, or the family is at risk of problems.

At least 60 percent of the families she sees are Hispanic, and Robinson said she intentionally set up the agency as a 501(c)3 non-profit so that these families could get the parenting program they were required to take without having to worry about money.

"A lot of families didn't have the money to pay for the classes and the parents were then held up and put back into the system and taken to court because of money. It was ugly," she said.

Robinson is seeing success using Triple P. Some parents may feel intimidated or overwhelmed by some parenting programs, but Robinson likes that Triple P can be used in small ways with parents so they can gain confidence in their skills.

"The strategies offered through Triple P can be increased in intensity. So for some parents, it's best to teach them these baby steps like, 'Let's just start by being positive and see how the small things work for you,' instead of jumping them right into using time out. I find it amazing because when they come back they're so encouraged."



JoDee Robinson at Nuevos Caminos was initially skeptical about Triple P. But now she says, "I really like this." She's seen how well it works with the families she serves.

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Triple P provides “new way”

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They notice a change in their home environment because *they* are changing and it's not the kid's fault. Instead, they realize, "It is my tone," she said.

One family, in particular, sticks out for Robinson. A mother and her four children, who ranged in age from 8 to 14-years-old, were referred to her by DSS.

"The mother had a lower IQ and the older children realized that they were surpassing their mom's ability and this was producing dysfunction in the home. The two older children were not going to school and were getting physically aggressive. The oldest boy was getting into legal trouble in school," she recalled.

Robinson worked with both the mother and the children individually over two years. She used various Triple P strategies, but the one that helped the most was simply praise.

"The mother was so at her wit's end with everything that she would put down even the small successes that the older children had. One time in a session the oldest said, 'Mom, can't you say anything nice?' He called her on it."

Robinson also recognized that there was a lot of stress being put on the oldest son to assume roles he was not old enough to take on.

"For a 14-year-old boy to take on the man of the house role, it's a lot of stress for him. So, it was a matter of getting mom the right help and for the kids to be allowed to be kids," she said.

The turnaround in this family has been dramatic.

"They've come around in such a beautiful way," Robinson said. "The chances were that the oldest was headed for the Department of Juvenile Justice, but he didn't. He turned things around and now he's going back to school. He has pulled himself together and now he's on the honor roll – wow! I am so proud of that boy, you just don't know!"

Robinson also taught the oldest siblings Triple P strategies for helping their younger siblings who are twins. She taught the older siblings to set boundaries for the younger children, use frequent praise, and provide safe and engaging activities instead of letting them do what they wanted to do. Robinson got to see the success in action one day in her office.

"The oldest brother said to the youngest one, 'Come here a second. Is that the rule? Are you allowed to do that?' He'll be so well prepared to be a parent. I told him, 'You're going to be a great dad one day.'"

Nuevos Caminos works with families in Berkeley, Dorchester, and Charleston Counties and will soon be moving their headquarters to newly donated space in North Charleston. For more information contact JoDee Robinson at 843-821-5000 Extension 306.

Helping Families Change Conference

The International Helping Families Change Conference 2010 was held in Brisbane, Australia, February 17-18, at the University of Queensland, home of Triple P - Positive Parenting Program founder Dr. Matthew Sanders.

The conference featured research efforts around the world involving Triple P. Fifteen countries were represented; participants heard about clinical trials in the Netherlands, Belgium, Sweden, the UK, and of course, Australia.

As an accredited provider, you are eligible for discount registration rates if you would like to attend next year's conference which will take place in Antwerp, Belgium, February 9-11, 2011.

For more information, please visit the Web site at:

<http://www.ua.ac.be/HFCC2011>

Ready for more supplies? We can help!

Are you running low on tip sheets? Is your stack of Parent Workbooks shrinking? If so, it could be time for you to re-order Triple P supplies. Don't worry, it's not a difficult process. Whether you need resupply for Level 2/3, Level 4 Standard and Group, Level 5 Supplemental or Seminars, you can find a resupply order form on our Web site at:

<http://tpinfo.sc.edu/practitioners/resupply.html>

The process is simple: download the form, fill it out and fax it to us at 803-978-7410 and we'll get the materials to you as soon as possible.

Remember, these resources are *free* to our accredited providers.



Do you need more Triple P materials to give out to your families?
Contact us!

For more resources Visit us on the Web at:
<http://www.tpinfo.sc.edu>