



STOP
Online Guidelines
Induction Session

These Guidelines are **ONLY** to be implemented and undertaken by professionals who have undertaken and completed the STOP programme 3-day training.

For more information on the STOP training please e-mail Jeannie Gordon at Jeannie.gordon@theministryofparenting.com or Debbie Barnes at debbi.barnes@theministryofparenting.com

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Introduction Session

Pre group

- Have Introduction PowerPoint uploaded onto your desktop
- Have pre evaluation form (SDQ) and weekly evaluation ready to email post group

Plan overview

Topic	Platform	Attachments
Introductions		
Online Housekeeping	Online Whiteboard	
Agenda	PowerPoint	Introduction Session PowerPoint
Online group rules	Online Whiteboard	
Common themes	Online Whiteboard	
Positive and negative challenge	Online Whiteboard	
Link common themes with overview of STOP	PowerPoint	Introduction Session PowerPoint slide of STOP topics
Why come to a group	PowerPoint	Introduction Session PowerPoint-slide of the maypole metaphor
The value of the group	PowerPoint	Introduction Session PowerPoint-slides of the stress dips
Home tasks	Email to parents post session	Pre SDQ Pre online sessions evaluation form

Introduction session in more detail

Welcome and Introduction

Group leaders should introduce themselves and then invite all parents in turn to introduce themselves. Explain that STOP has a collaborative approach. As group leaders we aim to provide the best evidence-based information and as a group we will share our thoughts and experiences, so we collectively put theory into our everyday family lives.

Online Housekeeping:

Explain if there is to be a break

Ask how the group members would like to let other group members know that they want to speak, e.g.: Use chat function or raise their hand.

No recording of sessions unless agreed by all of the group.

Explain that online breakout rooms will be used for small group practices.

Encourage the group to make their attendance at the session as comfortable as possible, have a cup of tea/coffee or soft drink to hand.

Explain that a pre online session evaluation form will be emailed to all parents to complete

Explain agenda for the session

Show PowerPoint slide of agenda.

Group Manners/rules

Explain the need to be safe and comfortable in these online sessions. Brainstorm and establish with the group the groups rules/manners for discussions, such as muted microphones to avoid disruptive background noise (regular in-person ground rules will still apply- respect others, take turns, confidentiality, etc.). Co facilitator to write up the rules/manners on whiteboard.

Group leader considerations: If parents are unsure of using the word 'rule', alongside 'manners' another suggestion is 'good will agreement'. Also, sometimes the term 'agree to disagree' can be a bit vague for some parents so a suggestion is 'challenge the statement not the person'

Common themes

Delivered as in the STOP manual, use the whiteboard to write up the ages.

Positive and negative challenge (this replaces the "what makes you mad task)

As in the STOP manual. Discussion as a whole group. Facilitator to use the whiteboard to write up the positives and negatives.

Link common themes with overview of STOP.

As in the STOP manual, use the PowerPoint slide of the STOP topics

Why come to a group

As in the STOP manual, use the PowerPoint slide of the Maypole metaphor

The value of a group

As in the STOP manual, use the PowerPoint slide of the stress dips.

Ask the parents to imagine that 10 is the bottom of the dip and 1 is the top of the dip. Ask each parent to give a number of where they are currently.

Co-leader to write down each parent's name and their chosen number.

Home task

Explain that the pre group evaluation SDQ form will be emailed to the parents.

Evaluation of the session

Email the weekly group evaluation form to the parents to complete

Post group session.

Transfer whiteboard text to file document. File in word Group Rules

Group leader's consideration Keep the parents chosen 'dip' numbers as these will be reviewed in session 8.