



STOP
Online Guidelines
Session 5

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

Copyright (2020)

Jeannie Gordon
Debbi Barnes
The Ministry of Parenting CIC

www.theministryofparenting.com

Session 5 – Problem solving

Pre group

- Have session 5 PowerPoint uploaded onto your desktop
- Home Challenge, Types of parent, when it is not our problem (from STOP manual)
Helping your young person to solve their own problems (interactive) handouts ready to email post group

Plan overview

Topic	Platform	Attachments
Introductions and rules reminder	Word files	Group online rules document
Agenda	PowerPoint	Session 5 PowerPoint
Feedback and group check in	Online Whiteboard Break out rooms	
Types of parents	PowerPoint	Session 5 PowerPoint slide of Types of parents
Who's problem	Online Whiteboard	
Determine who owns the problem	PowerPoint	Session 5 PowerPoint slides of Road to independence and influences
How to determine when it is not our problem	PowerPoint	Session 5 PowerPoint slides of Determine who owns the problem s
How to determine when it is not our problem	PowerPoint	"Key principles" slides from session 5 PowerPoint
Home tasks		Home Challenge
Handouts	Email to parents post session	Home Challenge Types of parent When it's not our problem Helping your young person to solve their own problems (interactive form)

Session 6 in more detail

Introductions and rules reminder

Reminder of the online housekeeping and group manners or group agreement – show group rules file

Agenda

Show the PowerPoint slide of the agenda and explain agenda for the session

Feedback

Either in two breakout room groups or as a whole group depending on the group size and dynamic ask the parents to feedback their thoughts from the last session and practicing praise.

Types of parents

Open discussion regarding how the parents own parenting experience is affecting their parenting today.

Show the PowerPoint slides of the types of parents. Explain the types of parents as stated in the STOP manual

Group leader considerations: To pause the slides to ask parents what they think the type is and to generate discussion

Who's problem

As in STOP manual using the whiteboard to collate parents list.

Determine who owns the problem

Ask the parents to have 3 sheets of paper in front of them.

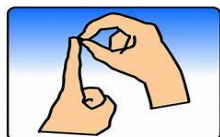
- To write on one sheet the word Teen
- To write on one sheet the word Parent
- To write on one sheet the word Both

Facilitators to follow the script in the “Determine who owns the problem” section of the session from the STOP manual but instead of the parents walking to a sign they hold one of their sheets up.

As an alternative, parents could make the British Sign Language ‘T’ sign



The 'P' sign is



The 'B' sign is



Show the PowerPoint slide of the road to independence and the PowerPoint slide of influences to promote discussion

How to determine when it is not our problem

Show the 'determine who owns the problem' PowerPoint slides, pausing for discussion and clarification as in the STOP manual.

How to determine when it is not our problem

Facilitators to lead discussion as in the STOP manual

How to determine when it is not our problem

Show the 'Key principles' PowerPoint slides, pausing for discussion and clarification as in the STOP manual.

Home task

Home Challenge in the STOP manual

Handouts to email to parents post session

Home Challenge

Types of parent

When it's not our problem

Helping your young person to solve their own problems (interactive form)

Evaluation of the session

Email the weekly group evaluation form to the parents to complete