



**STOP**  
**Online Guidelines**  
**Session 8**

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](mailto:Jeannie.gordon@theministryofparenting.com) or Debbi Barnes at [debbi.barnes@theministryofparenting.com](mailto:debbi.barnes@theministryofparenting.com)

Copyright (2020)

Jeannie Gordon  
Debbi Barnes  
The Ministry of Parenting CIC

[www.theministryofparenting.com](http://www.theministryofparenting.com)

## Session 8 – Putting it all together

### Pre group

- Have session 8 PowerPoint uploaded onto your desktop
- Post SDQ (interactive form) and end of programme evaluation form (interactive) ready to email to parents post session.

### Plan overview

| Topic                            | Medium                               | Attachments                                                                                           |
|----------------------------------|--------------------------------------|-------------------------------------------------------------------------------------------------------|
| Introductions and rules reminder | Word files                           | Group online rules document                                                                           |
| Agenda                           | PowerPoint                           | Session 8 PowerPoint                                                                                  |
| Feedback and group check in      | Online Whiteboard<br>Break out rooms |                                                                                                       |
| Where are you now as parents     | PowerPoint<br>Word file              | Session 8 PowerPoint slide of the dip.                                                                |
| How to keep going                | Online Whiteboard<br>Breakout rooms  |                                                                                                       |
| Review of the programme          | PowerPoint                           | Session 8 PowerPoint slide of the STOP programme topics                                               |
| Ending                           |                                      | Parents certificates to 'present online'                                                              |
| Handouts                         | Email to parents post session        | Parents certificates<br>Post SDQ (interactive form)<br>End of programme evaluation form (interactive) |

## Session 10 in more detail

### Introductions and rules reminder

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

Thank the parents who returned the post SDQ forms.

### 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 from undertaking the parents MOT.

**Group leaders' considerations** the parents not to share their answers to the parents MOT only their learning from undertaking the task.

Show the parents self-care task list from session 7. Ask the parents if they had been able to do their self-care task, if not what got in the way etc.

## **Where are you now as parents**

Show the session 8 PowerPoint slide of the dips. Remind the parents that in the introduction session they were asked to imagine that 10 is the bottom of the dip and 1 is the top of the dip. Then they each gave a number of where they were in the 'dip'.

Ask each of the parents to repeat the task and share the number they are at present. Co-leader to write up each parent's name and their current number.

Co-leader to remind each parent of their start dip number and their current dip number

## **How to keep going**

Either in a whole group or in 2 breakout groups, facilitators to read out 1 or 2 of the case studies examples in the STOP manual. Parents to discuss the answers to the case study questions.

**Group leaders' considerations** If using 2 breakout groups, a facilitator to be with each group

## **Review of the programme**

Show the session 8 PowerPoint slide of the programme topics. Group leader to give a brief summary of the sessions and ask the parents if they have any question on the content as per STOP manual

## **Ending**

Explain to the parents that the certificates will be posted to the parents, however it's nice to still have the celebration as a group so group leader to hold up each parent's certificate and group to clap each parent's achievement in attending.

## **Evaluation**

Explain to the parents who have not completed the post SDQ form that this will be forwarded to them alongside the end of programme form.

**Group leader's consideration** If you are concerned that the parents will not return the evaluation forms, explain that the certificate will only be posted to the parents when the parents forms have been received.