

**Supporting parents to
support children with vision
impairments:
How flexible delivery of
evidence-based training can
make a difference**

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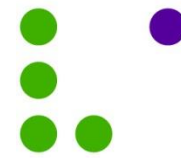
- For parents who have a child with a disability aged 2 to 12
- 9 training sessions (5 group > 3 individual > 1 group)
- Principles and practical strategies

Program Delivery



- Teleconference program
- Face to face program
- Videoconference (VidKids™) Program

Parenting a child with a vision impairment who demonstrates challenging behaviours...



**vision
australia**

blindness and low vision services

- Families (time and effort, directives, activities, stress and care)
- Teachers (stress, parent-teacher relationships)
- Peers (unusual behaviour, egocentrism)
- The future

Pitfalls for parents:

- Equating challenging behaviour with the disability
- Nurturance trap

Needs expressed by parents:

- Information about raising a child with a vision impairment
- Connections with other parents doing the same

Measuring Outcomes

- Parent and Family Adjustment Scale
- Developmental behaviour Checklist
- Child Adjustment and Parent Efficacy Scale
- Participant Satisfaction Rating
- Progress toward goals (achieved, partially achieved, not yet achieved)
- Outcome statements

Evidence-based parenting strategies:

- Enhance family relationships (e.g., quality time, communication, affection)
- Promote positive behaviour (e.g., praise, attention, rewards)
- Teach new skills (e.g., instructions, ask-say-do, teaching backwards)
- Manage misbehaviour. (e.g., logical consequences, quiet time, time out)

Goals for a VidKids™ participant...

My child will:

1. Eat calmly. Achieved via planned ignoring, engaging activities, descriptive praise, and attention.
2. Communicate her preferences and needs (e.g. nod, shake head, sign). Partially achieved via setting a good example, descriptive praise, engaging activities, quality time, other rewards, communication.
3. Be calm in the afternoon. Achieved via engaging activities, diversion to another activity.

Assertive discipline:

- Decisive
- Immediate
- Consistent

Increasing the power of parenting strategies:

- Combining into routines
- Aligning and stacking
- Team work

Supporting isolated families...

- Teleconference
- Video conference (VidKids™ = DSS funded)
- Less disruptive to the family
- More cost effective
- Regular support
- Social support

Flexible Delivery

- Different modes
- Various group sizes
- Contextualised to vision impairment
- Tailored to each family
- Range of training activities for different learning styles
- Fit in around family commitments

Outcomes for a face to face program participant...



“The program has been of huge benefit to me. It's not only clarified that I'm on the right track with how I go about things but it's also given me great ideas about how to handle his behaviour and make my life easier. It's been great to bounce ideas off people and have them suggest things. It's also been good to know I'm not the only one dealing with these types of issues.”

Further Information



- Triple P: www.triplep.net.
- Stepping Stones Triple P project: <http://www.triplep-steppingstones.net/au-en/home/>
- VidKids™: <http://www.vidkids.org/>
- Vision Australia: <http://www.visionaustralia.org/>
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