

PuP Therapist Checklist

Family ID_____

Although the PUP program has a number of modules, the way the program is delivered will depend on the individual needs of each family.

Below are the key activities associated with each module. Tick a box to indicate whether you have used this component of the module or place a **NA** (not applicable) in the box.

Module & Activities	
Modules 1 & 2: Starting and Planning My PuP Journey	
1. Talked through family's story.	
2. Using assessment feedback from the PuP Journey accompanied with appropriate psychometric measures (e.g.,SDQ & DASS).	
3. Feedback results given to family.	
4. Identified short term and medium term goals to build parenting toolkit.	
Module 3: View of Self as a Parent	
5. Discussed the difference between an ideal and good enough parent	
6. Looked at where current strengths as a parent come from	
7. Discussed current strengths as a parent	
8. Discussed baby/child's best qualities	
Module 4: Connecting with your Child to Help them Feel Loved and Safe	
9. Discussed noticing and connecting with your baby/child	
10. Discussed mindful child-centred play	
11. Discussed scheduling regular play times and the importance of positive attention	
12. Discuss how children feel safe having structure	
13. Discuss how you as a parent, are your child's first role model.	
Module 5: Understanding what may happen when children are exposed to Trauma and Loss	
14. Discussed how trauma can impact family life.	
15. Discuss how children struggle to manage their emotions when exposed to trauma	
16. Discuss the importance of structure, nurturance and touch for these children	
17. Discuss how grief and loss may be expressed differently in children	
18. Discuss with parents how to recognise the emotion of shame	
Module 6: Health Check your Kids	
19. Discussed the importance of looking after baby/child's health	
20. Discussed specific indicators of baby/child health for different ages	
21. Discussed importance of hygiene	
22. Discussed importance of good nutrition and what this involves	
Module 7: How to Manage Emotions under Pressure	
23. Discussed identifying emotions	
24. Discussed relaxation	
25. Discussed breathing awareness and deep breathing	
26. Discussed creating a special place in your mind to relax	
27. Introduced the concept of healthy body, healthy mind	
28. Introduce the concept of mindfulness and mindfulness exercises	
29. Discuss the importance of managing your outbursts with children (e.g., Wedge)	
30. Looked at positive thinking and identifying thinking problems	
31. Discuss how mindfulness can help with our own trauma experiences	

Module 8: Supporting your Child to Develop Self Regulation	
32. Discuss how children can learn self-regulation	
33. Teach and model strategies that can assist children to manage emotions (e.g., calm down scrips, play, and mindfulness)	
34. Discuss how children can learn to focus attention	
35. Teach and model strategies that can assist children to manage emotions (e.g., play, storytelling, song and dance)	
36. Discuss what we can expect from our baby/child	
37. Discuss how children learn to manage their behaviour (e.g., knowing rules)	
38. Discuss the impact of physical punishment on children	
39. Discuss how to create a positive family climate	
Module 9: Manage Substance Use Problems	
40. Discussed harm minimization	
41. Discussed identifying and planning for high-risk situations	
42. Discussed strategies to manage cravings (e.g. distraction)	
43. Discussed Lapse, and controlled use or abstinence	
44. Helped client monitor their use of substances	
Module 10: Connecting with Family, Community and Culture	
45. Helped client identify their social snapshot	
46. Discussed whether they felt they are getting enough support	
47. Helped client develop a plan / goal to get more support	
48. Discussed strategies to manage social interactions	
Module 11: Life Skills	
49. Helped client to plan a budget	
50. Discussed good nutrition and exercise	
51. Helped client to develop a resume and /or apply for a job	
52. Helped client sort out with housing, Centrelink or similar	
Module 12: Relationships	
53. Worked through understanding where ideas about relationships come from	
54. Discussed communicating well (active listening, giving and receiving constructive feedback)	
55. Discussed conflict resolution	
56. Discussed enjoying time with your partner	
57. Discussed roles in a step-family relationship	
58. Looked at relationship patterns	
59. Looked at future relationships – needs and wants	
Closure	
60. Reviewed goals made at the start of treatment – progress made	
61. Administered measures	
62. Provided family with results from measures	
63. Identified remaining difficulties and developed a management plan	