PuP THERAPIST CHECKLIST

Family ID _____

The PuP program has a number of modules, which can be used with flexibility depending 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.

Modules 1 & 2: Starting and Planning My PuP Journey

- 1 Talked through family's story. ☐
- 2 Used assessment feedback from the PuP Journey accompanied with appropriate psychometric measures (e.g., SDQ & DASS). ☐
- 3 Feedback results given to family. ☐
- 4 Identified short and medium-term goals to build a toolkit. ☐

Module 3: View of Self as a Parent

- 5 Discussed the difference between an ideal and good enough parent/carer. ☐
- 6 Discussed strengths as a parent/carer. ☐
- 7 Discussed baby/child's best qualities. ☐
- 8 Discussed where beliefs as a parent/carer came from. ☐

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-centered play. ☐
- 11 Discussed scheduling regular play times and the importance of positive attention. ☐
- 12 Discussed how children feel safe by having structure. ☐
- 13 Discussed how you as a parent/carer, 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 Discussed how children struggle to manage their emotions when exposed to trauma. ☐
- 16 Discussed the importance of structure, nurturance and touch for children. ☐
- 17 Discussed how grief and loss may be expressed differently in children. ☐
- 18 Discussed how to recognize the emotion of shame. ☐

Module 6: Health Check your Kids

- 19 Discussed the importance of looking after baby/child's health. ☐
- 20 Discussed aspects of baby/child's health. ☐
- 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 Introduced 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 Discussed how mindfulness can help with our own trauma experiences. ☐

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Module 8: Supporting your Child to Develop Self Regulation

- 32 Discussed how children can learn self-regulation. ☐
- 33 Discussed teaching and modelling strategies that can assist children to manage emotions (e.g., calm down scripts, play, and mindfulness). ☐
- 34 Discussed how children can learn to focus attention. ☐
- 35 Discussed teaching and modelling strategies that can assist children to focus attention (e.g., play, storytelling, song and dance). ☐
- 36 Discussed what we can expect from our baby/child. ☐
- 37 Discussed how children learn to manage their behaviour (e.g., knowing rules). ☐
- 38 Discussed the impact of physical punishment on children. ☐
- 39 Discussed 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 parent/carer monitor their use of substances. ☐

Module 10: Connecting with Family, Community and Culture

- 45 Helped parent/carer identify their social snapshot. ☐
- 46 Discussed whether parent/carer felt they are getting enough support. ☐
- 47 Helped parent/carer develop a plan / goal to get more support. ☐
- 48 Discussed strategies to manage social interactions. ☐

Module 11: Life Skills

- 49 Helped parent/carer to plan a budget. ☐
- 50 Discussed good nutrition and exercise. ☐
- 51 Helped parent/carer take steps towards employment. ☐
- 52 Helped parent/carer address housing, benefits 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. ☐

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