

PuP Program

Promoting a nurturing environment for families



Supporting Families with Complex Needs: An update on the Parents under Pressure Program

1st October 2020, 1pm Brisbane time (AEST)

We are delighted to present a webinar to highlight updates to the Parents under Pressure program. This will include an overview of the Integrated Theoretical Framework with a focus on the following three themes:

Child Developmental Outcome

Supporting children to be the best that they can be is the ultimate goal of the PuP program. Moving beyond a focus on behaviour management, the PuP program addresses underlying neurodevelopmental processes to enhance self-regulation in children.

Parental emotional regulation in the context of chronic stress and early childhood trauma

Parental emotional regulation is significantly compromised when growing up with chronic stress and trauma. Understanding how adversity impacts on parental emotional regulation is key to developing parental resourcefulness. The Parent Workbook (2020) includes a series of screening questions, assessment suggestions and exercises on understanding trauma responses and developing coping skills.

Starting your PuP Journey: your own personal story

The Parent Workbook (2020) now contains a series of questions and graphics that help understand the family's story using a structured and strengths-based approach. This aligns the assessment process explicitly with a family-friendly version of the Integrated Theoretical Framework.

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