



Partners in Parenting Education (PIPE)

Delivering PIPE using telehealth

Tips and Tools.....

These are unprecedented times and the fact that you are reflecting on how to continue providing high quality care through PIPE in these challenging circumstances is testament to your belief in the programme, the strength-based approach and the power of the therapeutic relationship.

You may find it helpful to read this in conjunction with the telehealth guidance

The FNP Education team are here to help in any way they can. You can contact us at FNPlerning_programme@nes.scot.nhs.uk

We hope you find the following hints and tips helpful

1. Keep it Short and Simple (K.I.S.S)

Think carefully about the ONE idea or concept that you want to explore with your client. Keep this the focus of each step. This can be much easier if you think about this when planning and preparing. If you are working with a lesson plan that someone else developed, make sure you know what idea/concept you want to share. Ask yourself “If my client only understands one thing from this PIPE I would like her to understand *****”

This can really help you to focus on the desired outcome of the PIPE.

2. Have the lesson plan in front of you when working with your client during the virtual visit

It can be helpful to have the plan in front of you to keep you on track as it may be more challenging to read body language on a screen and even more challenging on a phone!

3. What PIPE's might be helpful just now?

Jody Perkins, Director of training and development, How to Read Your Baby/PIPE has suggested that the following PIPEs may be particularly helpful at this time:

- **Joy and Laughter** has wonderful ideas of things parents can do with their child and have some fun too! Many of these activities are in the theme of a Teddy Bear Picnic. It explores shared emotion, both positive and negative.
- **Patterns and Expectations** is so important right now because all our normal established patterns and routines have been disrupted. This topic can support parents in creating new routines for themselves and their children. Humans do better when they know what is coming and this is a time of uncertainty.
- **Playing is Learning** explores how children learn through play and I find it encouraging because us adults are also becoming present to the mastery cycle.
- **Attachment** is what happens when we get through both the good times and the hard times together.

All of these topics have something for us all in these challenging times

4. What toys/resources does my client have available?

You are likely to already have a good idea of what resources/toys your client will have available. Think about this when you are planning your PIPE activity. Your client could also, with your support, make some homemade toys (e.g. pasta in a tube rattle!)

Try to keep equipment down to the bare minimum, using what the client has around her to increase the likelihood of her trying the activity with her child.

You may wish to send “hard copies” of any parent handouts in advance as not all clients will be have enough data to download multiple handouts.

5. Where can I get help and guidance?

- All the topics mentioned above have been provided as a separate download as you may not have access to an Educator guide at home.

These will be available on the PIPE page on TURAS very shortly

- You may also wish to consider using the PIPE topics that have been filmed and are on TURAS already. Remember each PIPE topic on TURAS also comes with a complete lesson plan

Click [here](#) for PIPE films (password PIPE)

- If you are connecting with Zoom or Microsoft teams you can share your screen with your client. You could watch a PIPE film together and then explore the learning with your client, inviting your client to consider “giving it a go” for your next virtual visit.
- Remember all PIPE topics are aligned to one of the 8 emotional concepts so even if the PIPE is not the one suggested for that visit, there will be key learning to be gained for your client and her baby!

We look forward to hearing of your successes and gaining learning and insight from any challenges and know you are being as creative as always!

Take care

FNP Education team