

The Peep Learning Together Programme

The Peep Learning Together Programme (PeepLTP) is an evidence-based adult learning program with a curriculum that supports parents to understand more about how children learn – and to do more of the things at home that make a difference to children’s outcomes. Intended for parents of children from birth to school-age, it can be used to communicate concepts and ideas with parents about how to enhance the home learning environment, the parent-child relationship and children’s literacy and self-esteem. It can be used with parents in a variety of settings including one on one, parent groups, playgroups, early interventions, kinder and early education settings and anywhere families and children go. The program empowers parents to make the most of everyday learning opportunities including singing, sharing books and stories, and talking about a wide range of ideas, thoughts, and feelings. PeepLTP is a curriculum for parents about the home learning environment, child development and the utilisation of teaching moments in everyday activities.

Peep LTP aims are to help parents:

- develop secure attachment relationships with their babies and young children
- improve the Home Learning Environment

By helping parents, it aims to improve children’s:

- personal social and emotional development
- communication and language
- early literacy
- early maths
- health and physical development

Peep Learning Together Programme (PeepLTP) was designed and developed by the Oxford-based (UK) organisation Peep, in 1995 and has been extensively researched during this time.

PeepLTP, an evidence programme

Research has found that the main influences on young children’s outcomes are the quality of the relationship with their parents and carers, and what they do with their family, from birth (known as the Home Learning Environment). Early intervention makes a real difference. The evidence-based **Peep Learning Together Programme** contributes to this, by helping:

- **parents and carers** to improve their children’s life chances, by:
 - developing sensitive and responsive relationships with their babies and children,
 - making the most of day-to-day learning opportunities – listening, talking, playing, singing, and sharing books and stories together,
 - recognising and building on their *own* learning potential and achievements,
- **babies and children** to become confident communicators and learners through play

- **practitioners** to develop their work with parents/carers and young children
- **communities** to narrow the attainment gap, which appears even before children reach school.

Research on PeepLTP

PeepLTP has been evaluated in several independent research studies by the Universities of Oxford, Queen's Belfast and Warwick. These show that Peep:

- successfully reaches isolated families and engages them in their children's learning
- helps parents become more aware of their children's development and how to foster it
- helps children develop good foundations for language, literacy, and strong self-esteem
- enables practitioners from a wide range of professions to develop new skills and fresh approaches to unlocking parents' potential rather than focusing on their problems.

A Randomised Controlled Trial (RCT) study of the Learning Together Programme the Learning Together Study, was carried out by Queen's University Belfast, funded by the Education Endowment Foundation (EEF). Four formal research studies on the Peep Learning Together programme have been carried out by the University of Oxford:

- Birth to School Study
- Enabling Parents Study
- Foundation Peep Study
- Room to Play Study

Australian research

The Education Benalla Program; A Place-based Action and Collective Impact in Regional Australia; implemented PeepLTP within their Early Years focus to improve School Readiness. Consequential AEDC data revealed improved rates of school readiness, with a significant increase in the rate of children developmentally on track on the *Language & Cognitive skills* and *Communication skills & General Knowledge* domains.

Peep Learning Together Programme

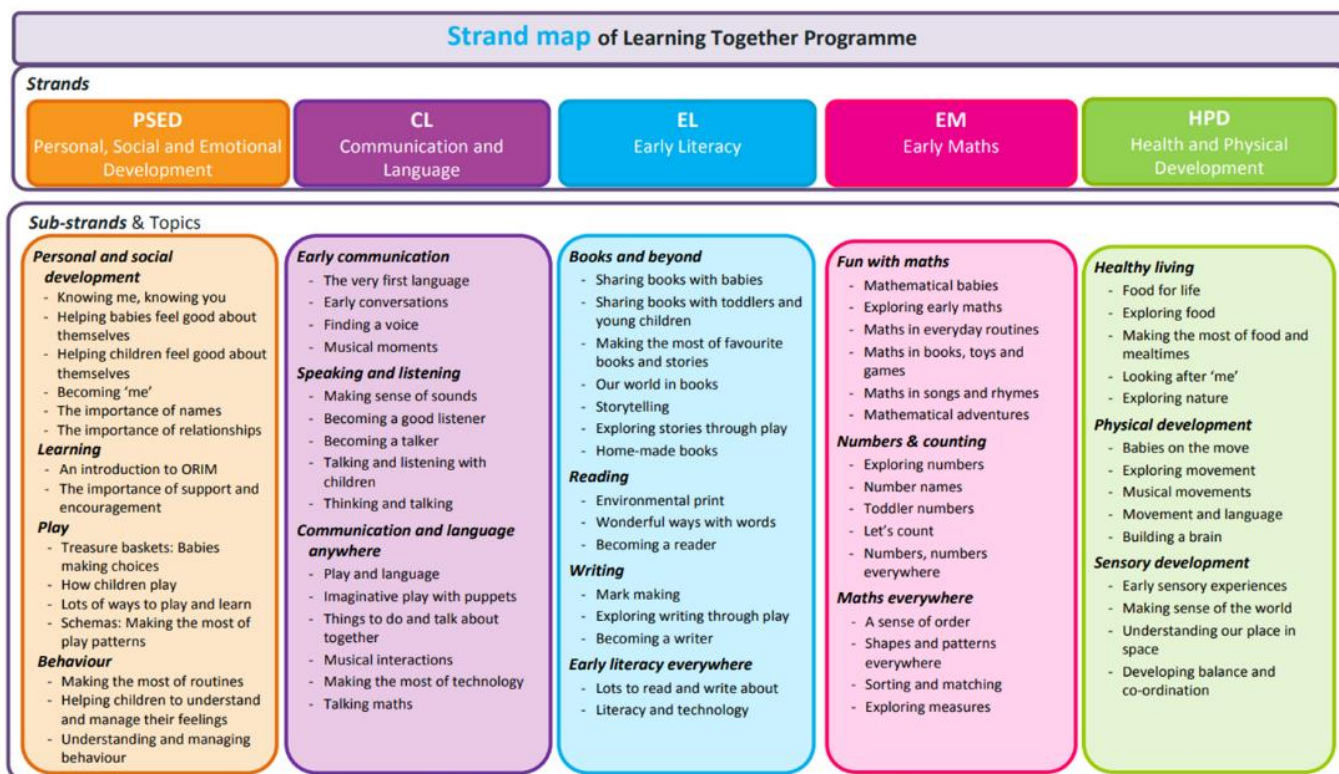
This programme values and extends what parents/carers already do to support their child's learning in everyday life. Peep is a strengths-based approach to working with families, focusing on doing 'with' rather than doing 'to' parents, supporting:

- Parents and carers to improve their children's life chances, by developing sensitive and responsive relationships with their babies and children, and by making the most of day-to-day learning opportunities – listening, talking, playing, singing and sharing books and stories together
- babies and children to become confident communicators and learners through play
- communities to narrow the attainment gap, which appears even before children reach school.

The Programme covers five strands of child development for babies, toddlers and pre-schoolers:

- **personal, social, and emotional development**
- **communication and language**
- **early literacy**
- **early maths**
- **health and physical development**

Each strand's topics and activities are underpinned by the ORIM framework - a framework that focuses both on opportunities for learning for the child and supporting a positive parent-child relationship.



Practitioners from any sector can use the structured but flexible Programme once they have completed the two-day PeepLTP training.

The programme includes access to the online and downloadable information, ideas, and activities within 74 child development topics set out above. An example of a topic materials and resources are [here](#).

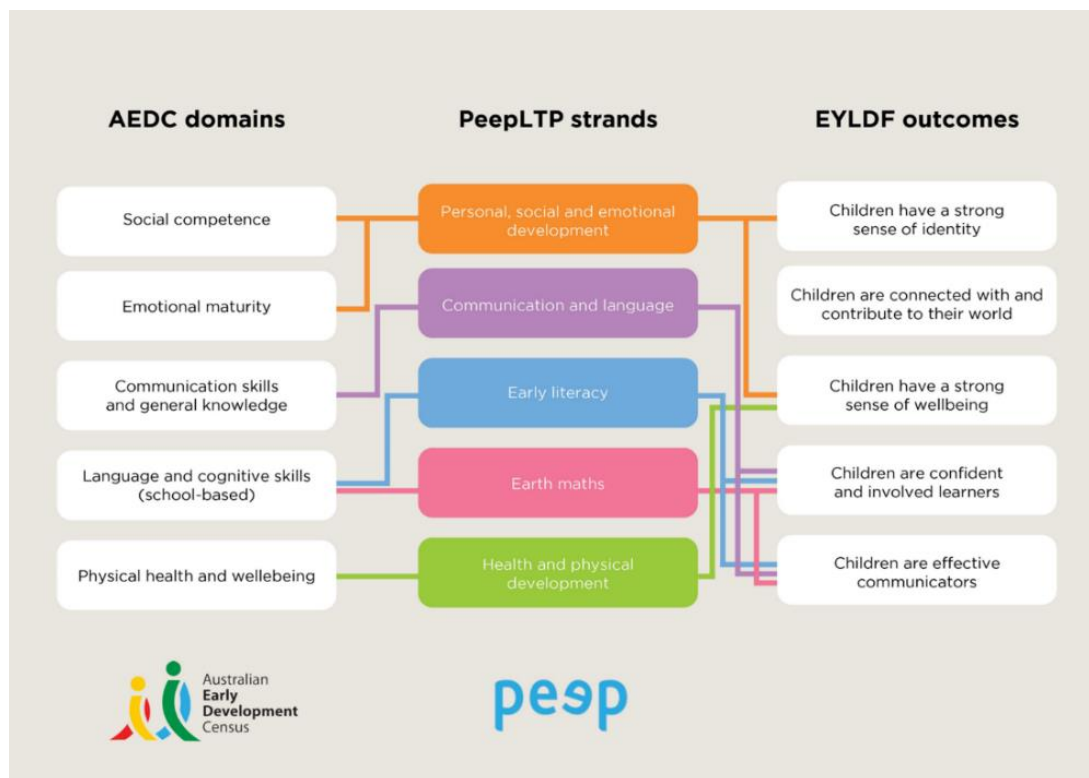
PeepLTP sessions

Peep-trained practitioners share the Peep Learning Together Programme (LTP) with families through conversations and joint activities focusing on aspects of children's learning and development, underpinned by the ORIM learning framework. Peep sessions are for parents/carers and children together. Each session is based on a child development topic, which contains:

- talk time, to discuss key ideas with parents and carers relating to the topic focus
- songs and rhymes
- books and stories
- ways to put ORIM into action (Opportunities, Recognition, Interaction, Modelling)
- play activities (during the session and/or ideas to try at home).

Peep sessions raise awareness and model how singing, talking, playing and sharing books and stories together help strengthen relationships and develop children's listening, talking and later literacy. Families also consistently report that Peep sessions are fun, increase their confidence (both adults and children) and provide an important source of ideas and support from the practitioners and other families.

The five developmental stands of PeepLTP align with both the five AEDC domains and the five EYLF outcomes to support children in the early years.



PeepLTP in diverse sectors

There are currently more than 500 PeepLTP trained practitioners in Australia. As a flexible and adaptable programme, PeepLTP is utilised in diverse early years settings and professionals from a wide range of backgrounds and experience. Peep supports families as both standalone programme or intervention as well as complimenting other interventions and programmes already being used. For example, some practitioners may use PeepLTP content/materials to support conversations with a family on a specific topic/challenge that are experiencing, and others may run a community playgroup bringing in Peep topics as needed. Other PeepLTP practitioners deliver PeepLTP groups, delivering the programme weekly.

PeepLTP is currently delivered by a diversity of professionals and settings:

| Sectors and professionals using PeepLTP nationally | | | |
|--|-------------------------------|-------------------------|----------------------------------|
| Early intervention | Supported Playgroups | Kindergartens | Social workers |
| ECEC | Counselling services | Speech pathologists | Psychologists |
| Parenting and family services | Psychologists | Early years educators | Maternal and child health nurses |
| Children's therapeutic programs | Community/ neighbourhood hubs | Parent support | Council staff |
| Case management | Schools | Occupational therapists | Libraries |

Becoming a Peep Practitioner

PeepLTP practitioner training is delivered over two days - either online or face to face.

The training equips practitioners to:

- engage and support parents to build on what they already do to enhance their baby's or child's early communication and learning (contributing to school-readiness), through talking and playing as part of everyday life,
- explore practical ideas, strategies and resources, using the comprehensive and flexible PeepLTP
- use the peep topics, activities and handouts in kinder sessions
- deliver universal or targeted sessions with parents and children together, to meet local needs – in one-to-one, home visits, group or drop-in sessions; supported playgroup and parents groups, in person or virtually, at MCHN stages visits and with Kinder families

The Training covers the [Why](#), [What](#) and [How](#) of the Peep Learning Together Programme (LTP), so that you can deliver it effectively with the families you work with. The training includes an opportunity to prepare and practise session delivery. The LTP helps parents and carers to support their young children's development through the play and learning opportunities in everyday life. It can be used by Peep-trained practitioners in any context - in groups, in kinder and child care, with individual families, as one off sessions or whatever the need is for the families you work with.

PeepLTP is listed on both the Victorian School Readiness Menu and on the Communities for Children Facilitating Partners Evidence-based programme's menu.

Training feedback

"It gives you confidence and the resources to run informative, meaningful groups for our families and is evidence-based. The resources are so user-friendly and family friendly. You know that parents and their children will love the topics, the activities and the empowerment that this program can deliver."

"This is practical training and can suit many people who work in different kinds of early childhood settings"

"I had such a great time doing this training and I now feel I have the tools to embed this further in my work. The tools available are so comprehensive."

"This course equips practitioners in many ways to build positive relationships with families. It really focused on helping parents to feel empowered and knowing that they can help children learn from home in so many practical and fun ways."

Upcoming training opportunities

[Peep Learning Together Programme - Playgroup Victoria](#)

[Would you like more information or have a chat about Peep in your setting?](#)

Claire Georgiou

National Manager PeepLTP Australia

cgeorgiou@playgroup.org.au