Table 6: Content and Objectives of the Incredible Years School-Age BASIC Parent Training Programs (Ages 6-12)

Content	Objectives	Content	Objectives
Program Nine: Promoting Positive Behaviors in School-Age Children			
Part 1: **The Importance of Parental Attention and Special Time**	• Understanding how to build a positive relationship with children. • Helping children develop imaginative and creative play. • Building children's self-esteem and self-confidence through supportive parental attention. • Understanding the importance of adult attention for promoting positive child behaviors. • Understanding how lack of attention and interest can lead to child misbehaviors.	**Part 2:** **Social, Emotion, and Persistence Coaching**	• Understanding how to use academic and persistence coaching to encourage children's persistence and focus • Learning to use emotion coaching to build emotional literacy • Learning to use social coaching to encourage social skills such as being respectful, sharing, cooperating, and being a good team member.
Part 3: **Effective Praise and Encouragement**	• Knowing how to use praise more effectively. • Avoiding praising only perfection. • Recognizing common traps. • Knowing how to deal with children who reject praise. • Recognizing child behaviors that need praise. • Understanding the effects of social rewards on children. • Doubling the impact of praise. • Building children's self-esteem and self-concept.	**Part 4:** **Tangible Rewards**	• Understanding the difference between rewards and bribes. • Recognizing when to use the "first-then" rule. • Understanding how to set up star and point systems to motivate children. • Understanding how to design programs that are age-appropriate. • Understanding ways to use tangible rewards for problems such as dawdling, noncompliance, sibling fighting, messy room, not going to bed, and being home on time.

Table 6 Continued

Content	Objectives	Content	Objectives
Program Ten: Reducing Inappropriate Behaviors in School-Age Children			
Part 1: Rules, Responsibilities, and Routines	• Politeness Principle • Understanding how to establish clear and predictable routines. • Strategies for encouraging children to be responsible. • Understanding the importance of household chores. • Making sure household rules are clear.	**Part 2: Clear and Respectful Limit Setting**	• The importance of household rules. • Guidelines for giving effective commands. • How to avoid using unnecessary commands. • Identifying unclear, vague, and negative commands. • Providing children with positive alternatives. • Using "when/then" commands effectively. • The importance of warnings, reminders, and giving choices.
Part 3: Ignoring Misbehavior	• Dealing effectively with children who test the limits. • Knowing when to divert and distract children. • Avoiding arguments and "why games." • Understanding why it is important to ignore children's inappropriate responses. • Following through with commands effectively. • Recognizing how to help children be more compliant.	**Part 4: Time Out Consequences**	• Guidelines for implementing Time Out for noncompliance, hitting and destructive behaviors. • How to explain Time Out to children. • Avoiding power struggles. • Techniques for dealing with children who refuse to go to Time Out or won't stay in Time Out. • Teaching children how to calm down. • Understanding the importance of strengthening positive behaviors.
Part 5: Logical and Natural Consequences	• Guidelines for avoiding power struggles. • Recognizing when to use logical consequences, privilege removal, or start up commands. • Understanding what to do when discipline doesn't seem to work. • Recognizing when to ignore children's inappropriate responses and how to avoid power struggles. • Understanding how natural and logical consequences increase children's sense of responsibility. • Understanding when to use work chores with children. • Understanding the importance of parental monitoring at all ages.		

Table 6 Continued

Content	Objectives	Content	Objectives
Program Eight: How to Support Your Child's Education			
Part 1: Promoting Reading Skills	• Providing positive support for children's reading. • Building children's self-esteem and self-confidence in their learning ability. • Making reading enjoyable. • Fostering children's reading skills and story telling through "interactive dialogue," praise, and open-ended questions.	**Part 2: Dealing with Children's Discouragement**	• Helping children avoid a sense of failure when they can't do something. • Recognizing the importance of children learning according to their developmental ability and learning style. • Understanding how to build on children's strengths. • Knowing how to set up tangible reward programs to help motivate children in difficult areas. • Understanding how to motivate children through praise and encouragement.
Part 3: Fostering Good Learning Habits and Routines	• Setting up a predictable daily learning routine for academic activities. • Understanding how television and computer games interfere with learning. • Incorporating effective limit-setting regarding homework. • Understanding how to follow through with limits. • Understanding the importance of parental monitoring. • Avoiding the criticism trap.	**Part 4: Parents Showing Interest in School**	• Understanding the importance of parental attention, praise, and encouragement for what children learn in school. • Recognizing that every child learns different skills at different rates according to their developmental ability. • Understanding how to build on children's strengths. • Understanding how to show "active interest" in children's learning at home and at school. • Understanding the importance of working with your child's teacher. • Understanding the importance of parental advocacy for their children in school.