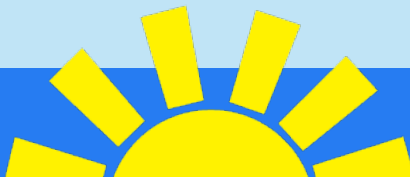


# What is an Evidence-based Program?

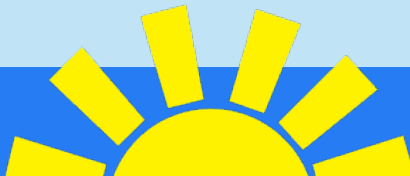
**A researched program with experimental studies that employ the following:**

- At least two randomized control group trials (RCT)
- At least one RCT independent replication
- Outcome shows change in research-based risk factors
- Studies use reliable measures including reports, observations, assessments
- At least one-year follow-up



# Incredible Years<sup>®</sup> (IY) is an Evidence-Based Program

- **Over 35 years of research:** starting with parent programs, then child programs, and then teacher programs
- **Parent programs:** 9 RCT treatment trials & 4 RCT prevention trials by developer and 14+ independent RCTs from 5+ countries (including England, Holland, Norway, Portugal, Spain, Wales).
- **Child programs:** 3 RCT treatment trials & 2 prevention trials by developer and 3+ independent RCTS from 3 countries (including Norway, Wales, Spain, US)
- **Teacher programs:** 3 RCT trials by developer and 7+ independent RCTs from 4 countries (including Ireland, Norway, US)



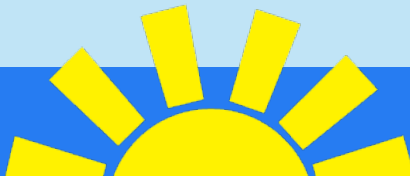
# Incredible Years® Program Goals

## Short Term Goals

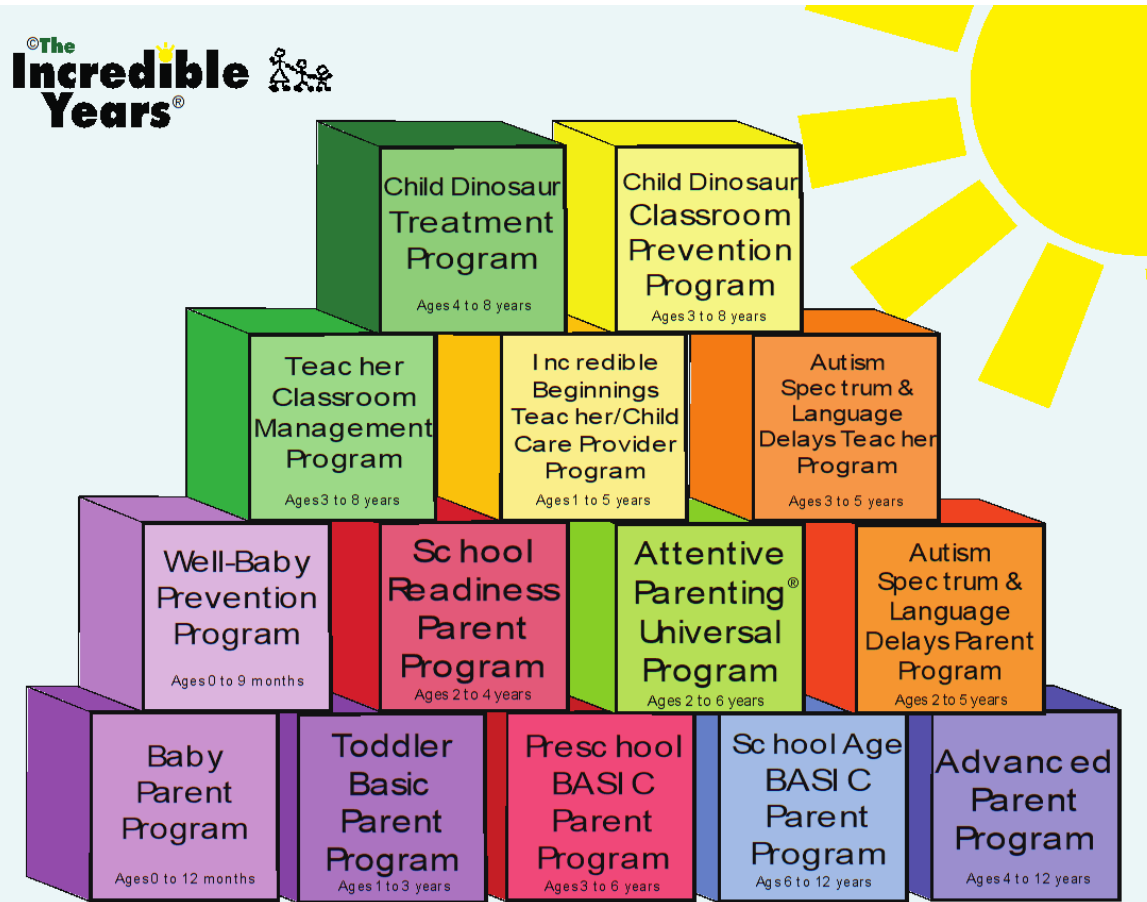
- Improve parent-teacher-child relationships
- Reduce harsh discipline at home and school
- Increase parent and teacher social support & reduce stress
- Improve home-school communication
- Promote child social competence, emotional regulation, problem solving and school readiness
- Prevent, reduce, and treat social and emotional problems in young children

## Long Term Goals

- Prevent conduct disorders, school drop out, delinquency and substance abuse



# The Incredible Years® Building Blocks A System of Interventions (0-12 years)



# IY Parenting Program Group Methods & Process – Fidelity Delivery

- Developmentally based
- Culturally sensitive – addresses parent long term goals
- Emphasizes the therapeutic relationship: “Collaborative Process”
- Principles training ~ e.g., attention principle
- Coping (vs. Mastery model) – self-reflective, experiential and problem-solving based learning
- Video modelling/DVDs
- Role play practice & rehearsal
- Focus on cognitive, affective, & behavioral changes & promoting attachment.
- Weekly goal setting & self-monitoring
- Weekly home activities
- Group support
- Sensitive to socioeconomic barriers

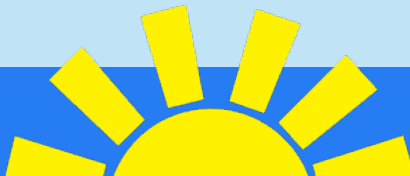


# Incredible Years Parent Learning Principles

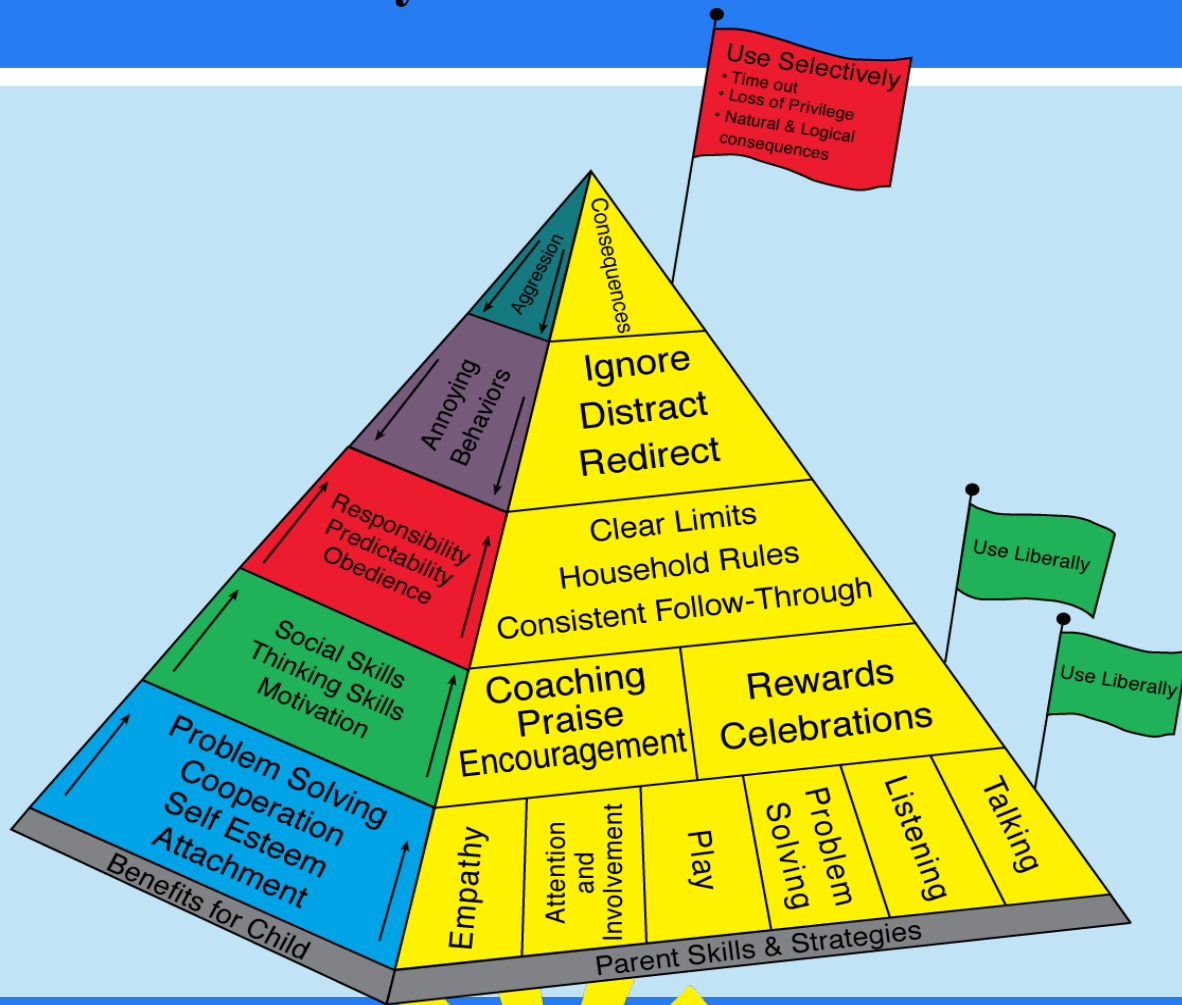
**Behavioral Skills:** Play, coaching, praise, nurturing, effective communication, incentives, routines, limit setting, proactive discipline, problem-solving

**Cognitions:** Reducing negative thoughts and attributions about self, children & others; selective attending to positive experiences, increasing positive coping thoughts, developing normal child developmental expectations for behavior, temperament differences, and perspectives, self-reflection, problem solving

**Affect:** Coping with emotions, feeling competent, gaining support from family, teachers and friends, anger and depression management, developing self-care & forgiveness strategies, planning pleasurable activities



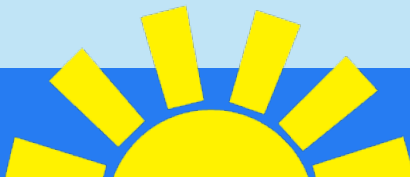
# Incredible Years® Parenting Pyramid® Model





# Promoting Parent Engagement

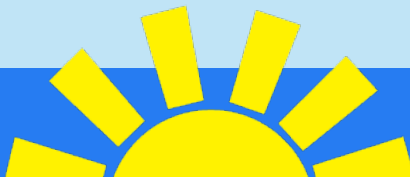
- Interviews prior to group
- 10-14 parents per group
- Partners encouraged, multi-level families
- Day and evening groups
- Meet weekly for 2 hours
- Two trained leaders
- Buddy calls & activities
- Weekly group leader calls
- Food, Transportation
- Child Care



# IY Parent Programs Outcomes

**Results from randomized controlled research trials by program developer and independent researchers:**

- Increases in positive, responsive parenting
- Decreases in harsh discipline
- Reductions in parental depression & stress
- Increased parental self-confidence/self-efficacy
- Reductions in child conduct problems
- Increases in child social competence & school readiness



## 8-12 Year Follow-up of Treated Children with ODD

### Findings: (children ages 13-19)

- 16% (mothers) & 12% (fathers) reported
- CBCL externalizing scores in clinical range
- 77% no major delinquent acts
- 54% no substance use
- 18.2% mothers reported child involvement in criminal justice system
- Findings similar to “typical” normative data for age



# IY Building Blocks For Promoting Children's Social, Emotional & Academic Skills: IY Parent Programs

2008/2017\*

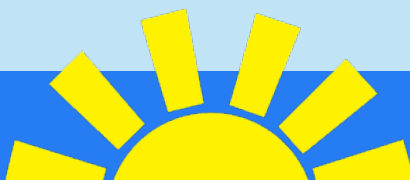
1980/2008\*

1985/2008\*

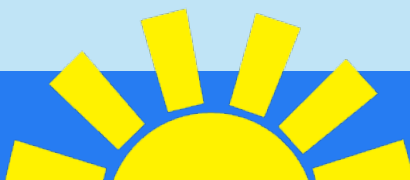
1990/2008\*



\* Revisions



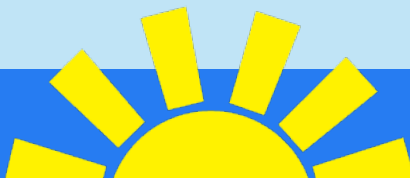
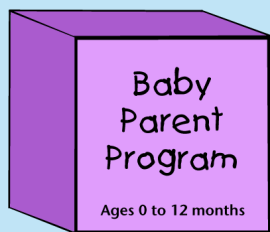
# The Incredible Years® Baby Program Ages (0-9 months)



# Incredible Years® Baby Program

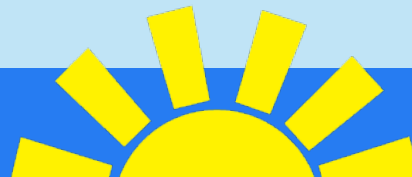
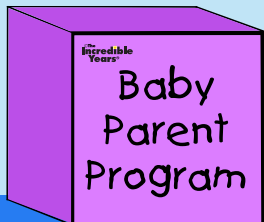
## Developmental Milestones

- Strengthen Relationship, Attachment & Emotion Connections
- Strengthen Babies' Language, Cognitive & Physical Development
- Assuring Baby's Safety
- Promoting Breast Feeding



## Promoting Sensitive and Responsive Parenting & Strong Attachments: 8-10 sessions (0-1 year)

- Learning how to read baby's signals, cues, and temperament
- Speaking “parent-ese” to babies
- Providing visual, physical, and tactile stimulation to babies
- Learning how to “babyproof” a home
- Helping babies feel secure and loved
- Responding appropriately to crying
- Developing supportive networks



# Incredible Years® Parent Toddler Program (ages 1-3 years)

**Parenting Pyramid®  
Toddlers (1 - 3 years)**

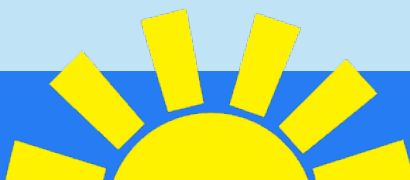
**Promoting Your Toddler's Optimal Emotion, Social, Cognitive and Language Brain Development**

**The Parents and Toddlers Series**  
Promoting Language, Emotional, Social and Physical Development

**Incredible Toddler**  
A GUIDE AND JOURNAL OF YOUR TODDLER'S DEVELOPMENT  
Promoting Toddler Skills and Skills  
Social, Emotional and Language Development

**The Parents and Toddlers Series**  
Promoting Language, Emotional, Social and Physical Development

**Incredible Toddlers: 1-3 years**

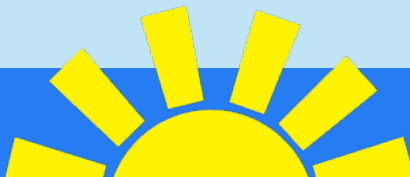
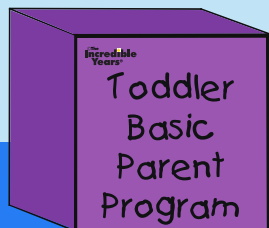




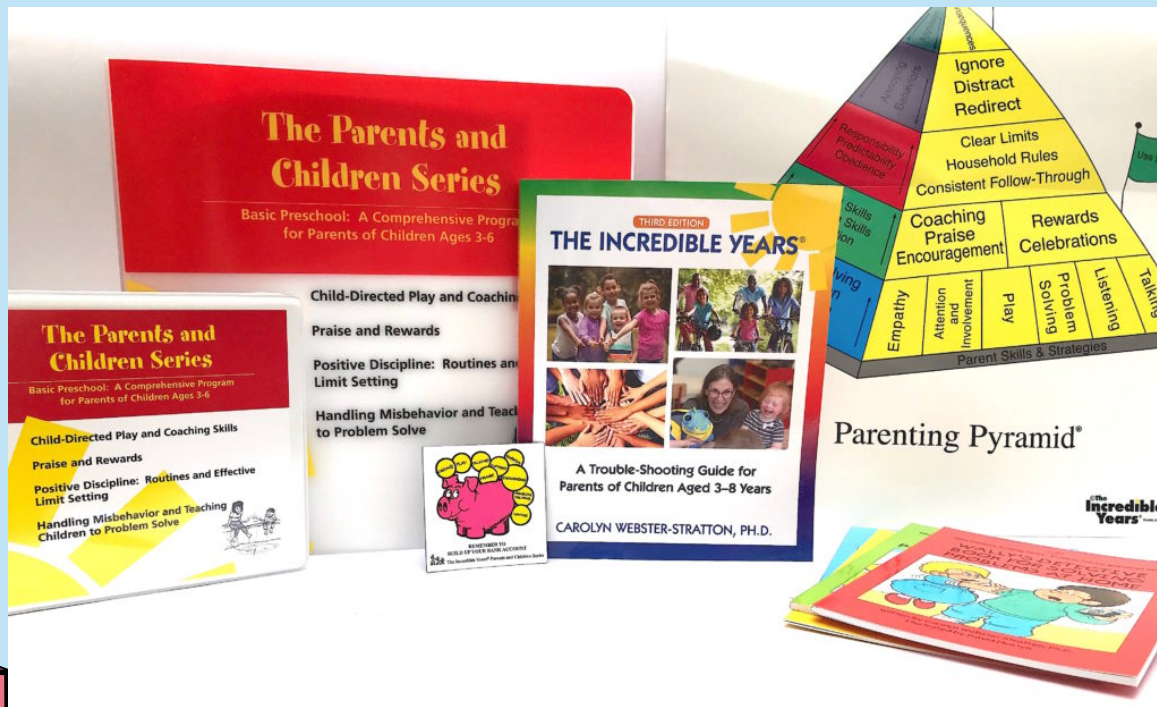
# Incredible Years® **Toddler Parenting Program**

## Promoting Sensitive and Responsive Parenting 12 sessions (1-3 years)

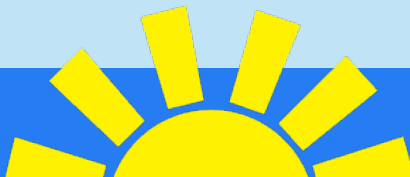
- Child-directed play promotes positive relationships & attachment
- Promoting toddlers' language development
- Promoting toddlers' social and emotional competence through coaching
- The art of providing praise & encouragement
- Handling Separations and Reunions
- Positive discipline - effective limit setting
- Helping toddlers learn to self-regulate
- Safety Proofing home



# Sample Parent Program Materials: The Incredible Years® Basic Preschool Program (Ages 3-6 years)



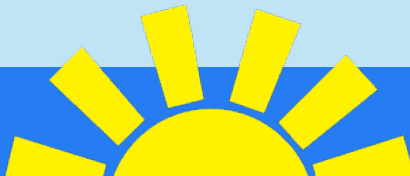
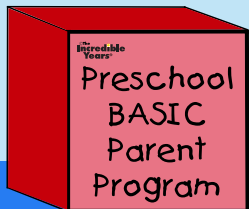
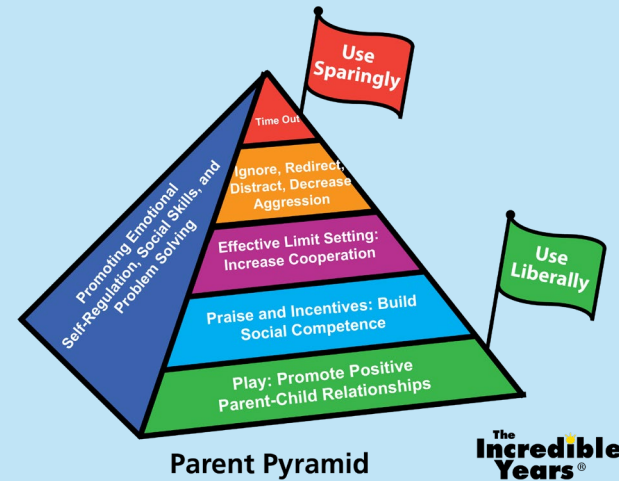
**The Incredible Years®**  
Preschool  
BASIC  
Parent  
Program



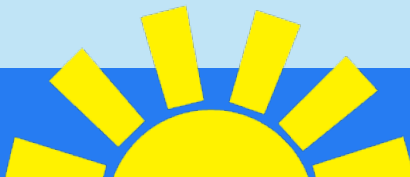
**Preschool Basic Parenting Program Goals (3-5 years)**

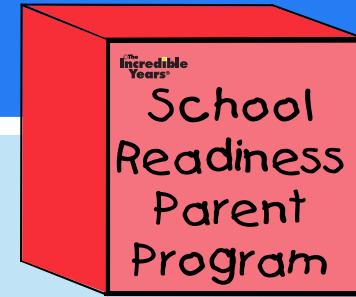
**14 sessions preventive & 18-20 sessions high risk**

- Increase parent understanding of developmentally appropriate & nurturing parenting practices
- Persistence, academic, social and emotional coaching & child directed play—academic readiness skills
- Praising and Motivating Children

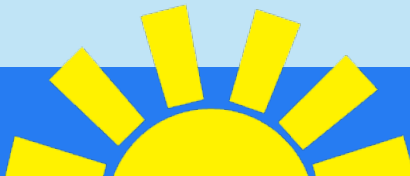


- Predictable routines & schedules
- Using non-punitive and more consistent discipline approaches for misbehavior
- Learning how to help children self-regulate, use appropriate social skills, problem solve & develop imaginary play
- Promoting parent-teacher collaboration

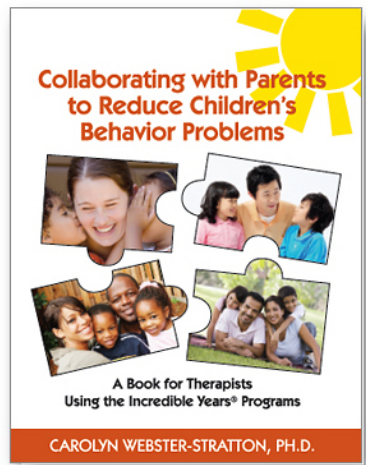
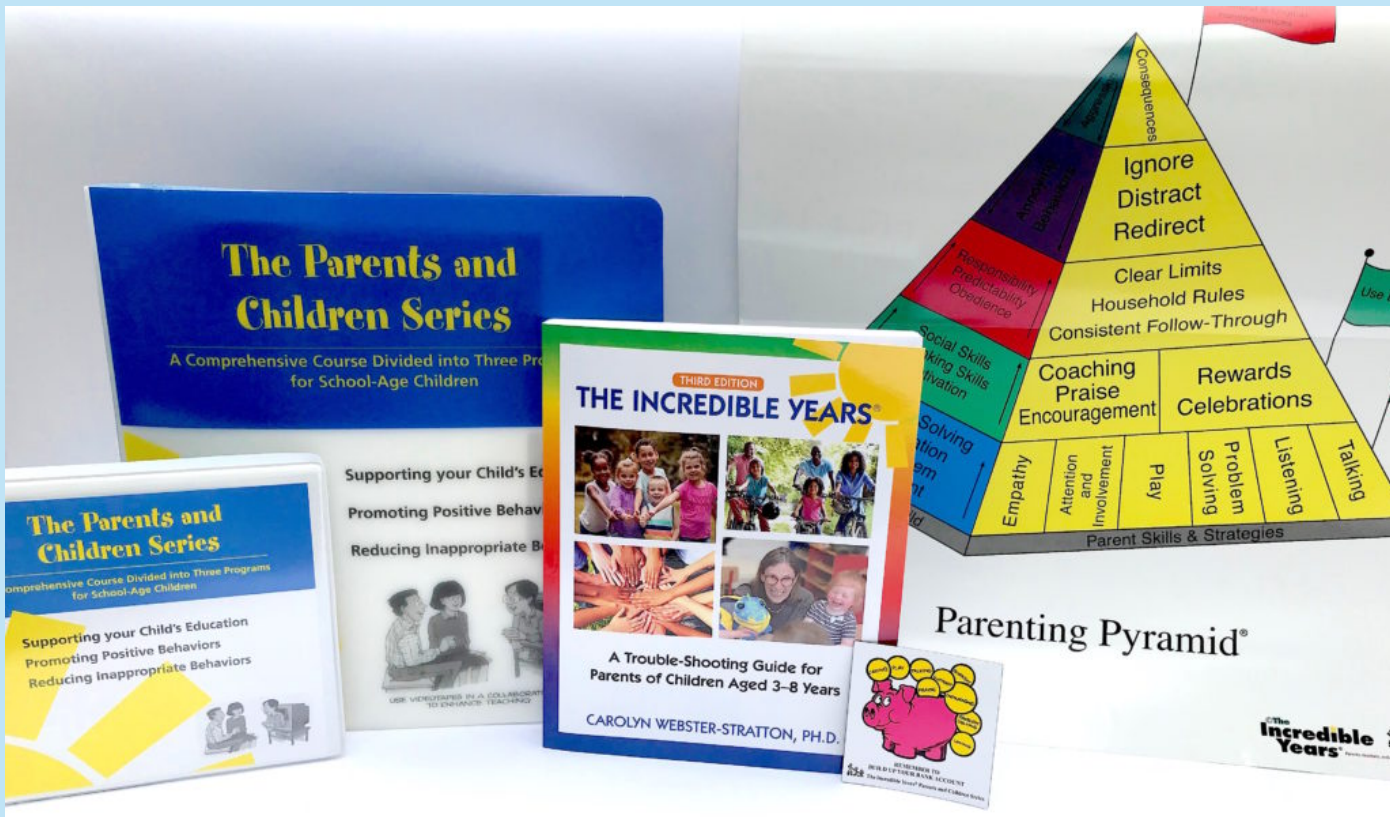




- Increase parents' social, emotional, academic & persistence coaching with their children
- Increase parents' positive communication
- Increase parents' skills in interactive reading techniques and ways to foster imaginary play
- Increase children's vocabulary and pre-literacy skills
- Increase children's enjoyment, motivation and self-confidence in reading & learning

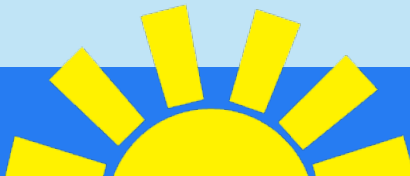
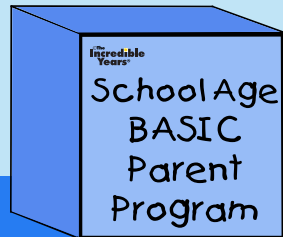


# The Incredible Years® School Age Basic Parenting Program Ages 6-12 years



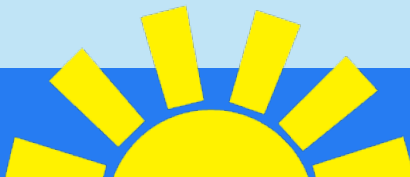
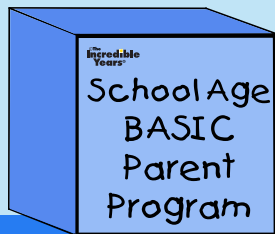
**Incredible Years® Basic School-Age Program**  
**(6-8 and 9-12 years versions) 16-18 sessions**  
**Building Strong Family Connections**

- Importance of parental attention and special time
- Learning academic, persistence, social and emotional coaching
- Setting predictable household rules, responsibilities and routines
- Clear and respectful limit setting
- Following through with logical and natural consequences
- Monitoring children with peers



Incredible Years® Basic **School-Age Program**  
(9-12 years versions) 18-20 sessions  
Building Strong Family Connections

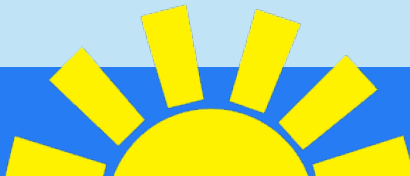
- Setting household responsibilities
- Household rules about drugs, alcohol and computer use
- School homework routines and coaching
- Understanding the importance of monitoring children's whereabouts at all times
- Teaching children to problem solve

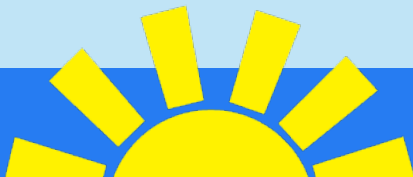
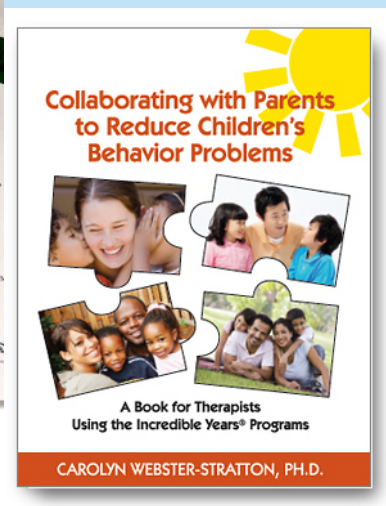
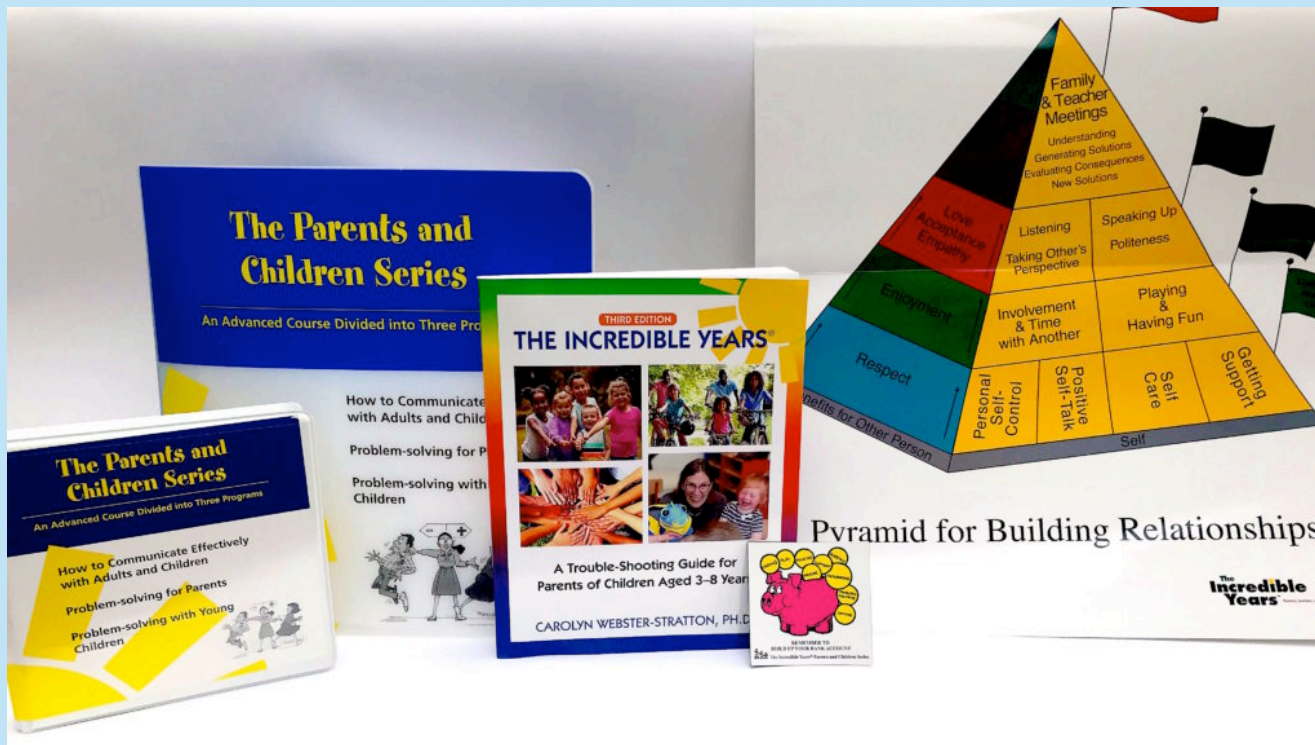




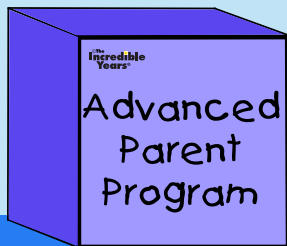
Incredible Years® School Parent Program Parents  
**Promoting Children's Success at School**  
4 sessions (6-8 years)

- Promoting child self confidence
- Fostering good learning habits
- Coping with child discouragement
- Doing homework
- Reading with your child
- Talking with your child's teacher
- Developing partnerships with teachers

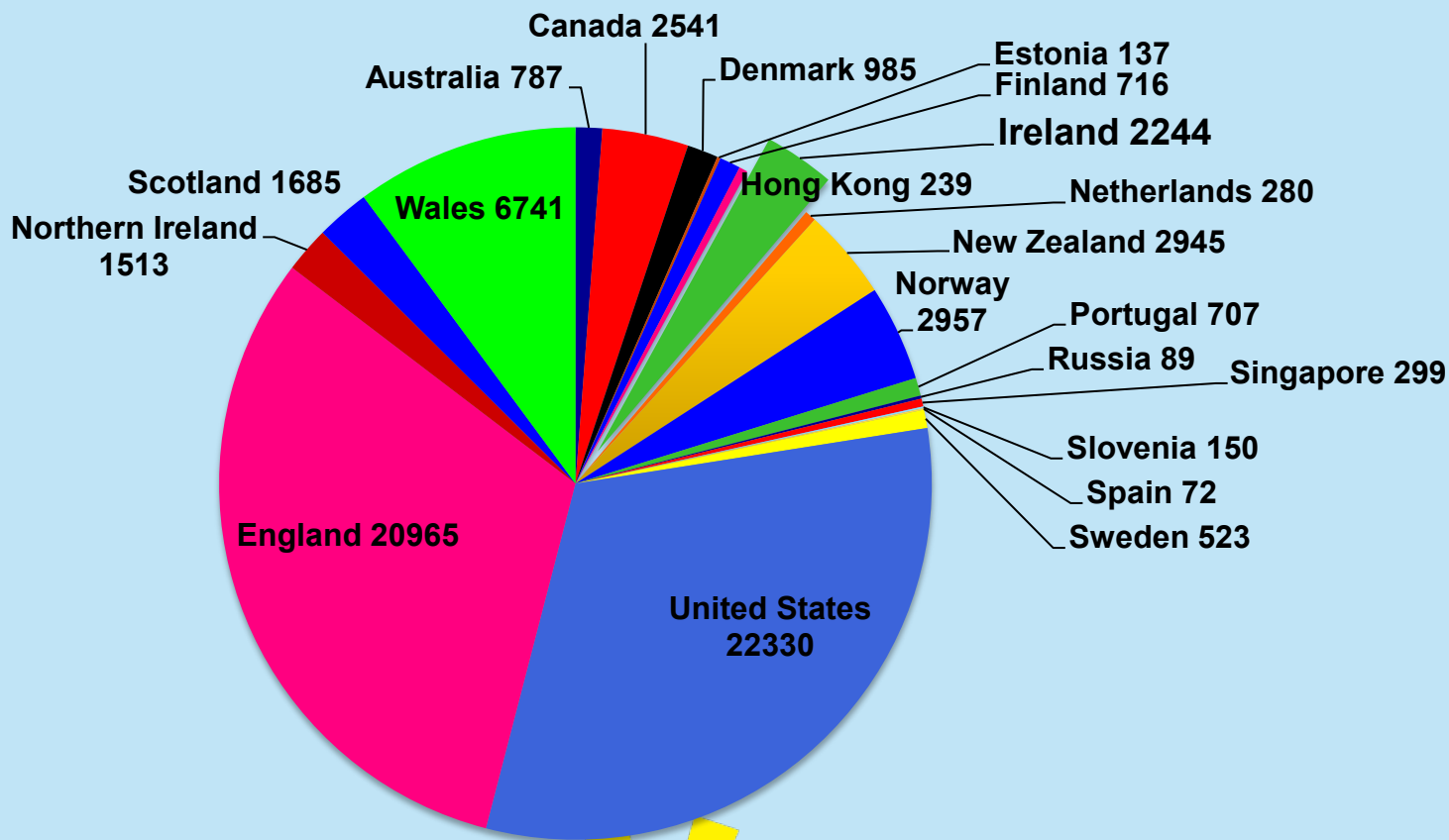




- Effective Communication Skills
- How to Give and Get Support
- Anger Management
- Depression Management
- Adult Problem-solving Skills
- Problem-solving with teachers
- Teaching Children to Problem Solve
- Conducting effective family problem solving meetings

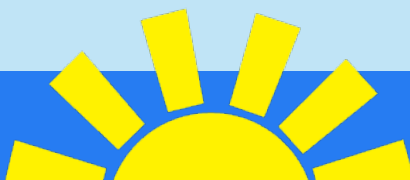


# Group Leaders Trained by Country Parent, Child & Teacher Programs (Dec. 2019)



# Summary

Research paints a picture of both hope and warning. It tells us that young children are resilient; aggressive behavior problems may be transitory given nurturing parents, health care professionals and teachers who work together. But it also warns about the risks if we don't provide the environmental supports for higher risk young children.



# Early Intervention: Utilizing Innovation to Build Society's Bank Account for the Future

