

INCREDIBLE YEARS PARENT & DINOSAUR SCHOOL SUCCESS STORIES

One of our Incredible Years Dinosaur School kids had been struggling all year in his Head Start classroom. His teacher reported frequent angry outbursts, defiance, and oppositionality. She stated that he frequently provoked other children in the classroom and often refused to participate in activities. The mental health consultant at his school referred him for outpatient services through Morrison. He started Dinosaur School last January. Six weeks into the group, the mental health consultant from his school called me to tell me that this child had done “a complete 180” with his behavior at school – he was participating, following directions, and was emerging as “a real leader” in his classroom. He told me that this child had walked up to his teacher and stated, “I like Dinosaur School, and I like being good!” and, since that time, he has “been very good” at school! The mental health consultant was amazed by what he called “a real success story.

“Joyce started in our Incredible Years Parent Group two weeks ago. During introductions, she disclosed to the group her feeling that she yelled too much at home. Joyce included this when stating her goal for the 13-week parent series. At the midweek call, Joyce told me that her daughter was reminding her about the “no yelling” policy at home. She did not like to be reminded of her goal by her child! Joyce stated that the class really motivated her to follow through with her plan and reported that she had completed one full day of no yelling. The following Thursday at our second class, Jamie reported during check-in that she was in her third consecutive day of no yelling at her children. She was very proud of herself and already successful at a new parenting strategy!”

“John, a dad in our Incredible Year’s Parent Class, had received a copy of Incredible Year’s developer, Carolyn Webster-Stratton’s book “The Incredible Years: A Trouble-Shooting Guide for Parents of Children Aged 2 – 8 Years.” Parents are given reading assignments from the book each week. John confided in me after one class, “You know, I don’t feel like reading the book. Then, I read one sentence and think she (Carolyn) wrote that just for me!”

A home child care provider had worked closely with a Morrison early childhood consultant for some time to learn general strategies to use in her child care setting. She was particularly concerned about one 3 year old girl. The parent was not initially interested in an individual screening or consultation about her child, however, she was receptive – even excited – about being offered the Incredible Years parenting class. The parent and the child care provider took the Incredible Years parenting class together. Through the course of the group, they have formed a strong team and are implementing the same strategies to address this child’s challenging behaviors (temper tantrums, destructive behaviors, impulse control problems).