

The Incredible Years Toddler and Infant Programs: A Look At Implementation with Child Welfare referred families in Washington State



Implementation in WA State

- Training group leaders began in 2006
- Over 70 group leaders trained
- Parent groups implemented: Preschool Basic, Toddler, and Baby
- 100's of parents served
- Clinical supervision, consultation, and ongoing training provided by certified mentor

Maximizing Results: Methods and Processes for Delivering the Group

- **Developmentally based- toddler developmental milestones**
- **Culturally sensitive**
- **Emphasizes the therapeutic relationship: “collaborative process”**
- **Coping (vs. Mastery model)**
- **Video modeling**
- **Practice/role play**
- **Home assignments**
- **Group support- buddy calls**
- **Sensitive to socioeconomic barriers- transportation, dinner, childcare**

Child Welfare Considerations:

- ◉ Group Based- less expensive than providing one-on-one parenting services, however home coaching offers flexibility based on parental needs
- ◉ Families may feel less stigmatized and isolated after meeting families experiencing some of the same issues
- ◉ Program methods focus on cognitive restructuring, emotion regulation, parent strengths, and experiential learning



The Toddler Program 1-3 years (13 weeks-minimum)

- Child-Directed Play Promotes Positive relationships
- Promoting Toddler's Language with Child-Directed Coaching
- Social and Emotional Coaching
- The Art of Praise and Encouragement
- Spontaneous Incentives
- Handling Separations and Reunions
- Positive Discipline-Effective Limit Setting
- Handling Misbehavior- ignore, distract



Research for the Toddler Program

- ❑ Bangor University, Wales Study
- ❑ Rush University, Chicago Study

Bangor University Study

○ **Participants**

- 104 parents were recruited
- Children were aged 1-3 years at baseline, 62 were male.
- 71 assigned to treatment conditions
- 33 Allocated to waiting list control group



Analysis

Analysis of the Dyadic Parent-Child Interaction Coding System (Eyberg & Robinson, 1981)

Using Paired T-Tests, analysis of the 5 subcategories of Negative Parenting revealed that the Intervention group showed changes in the right direction in all five subcategories, 3 of these were significant changes;

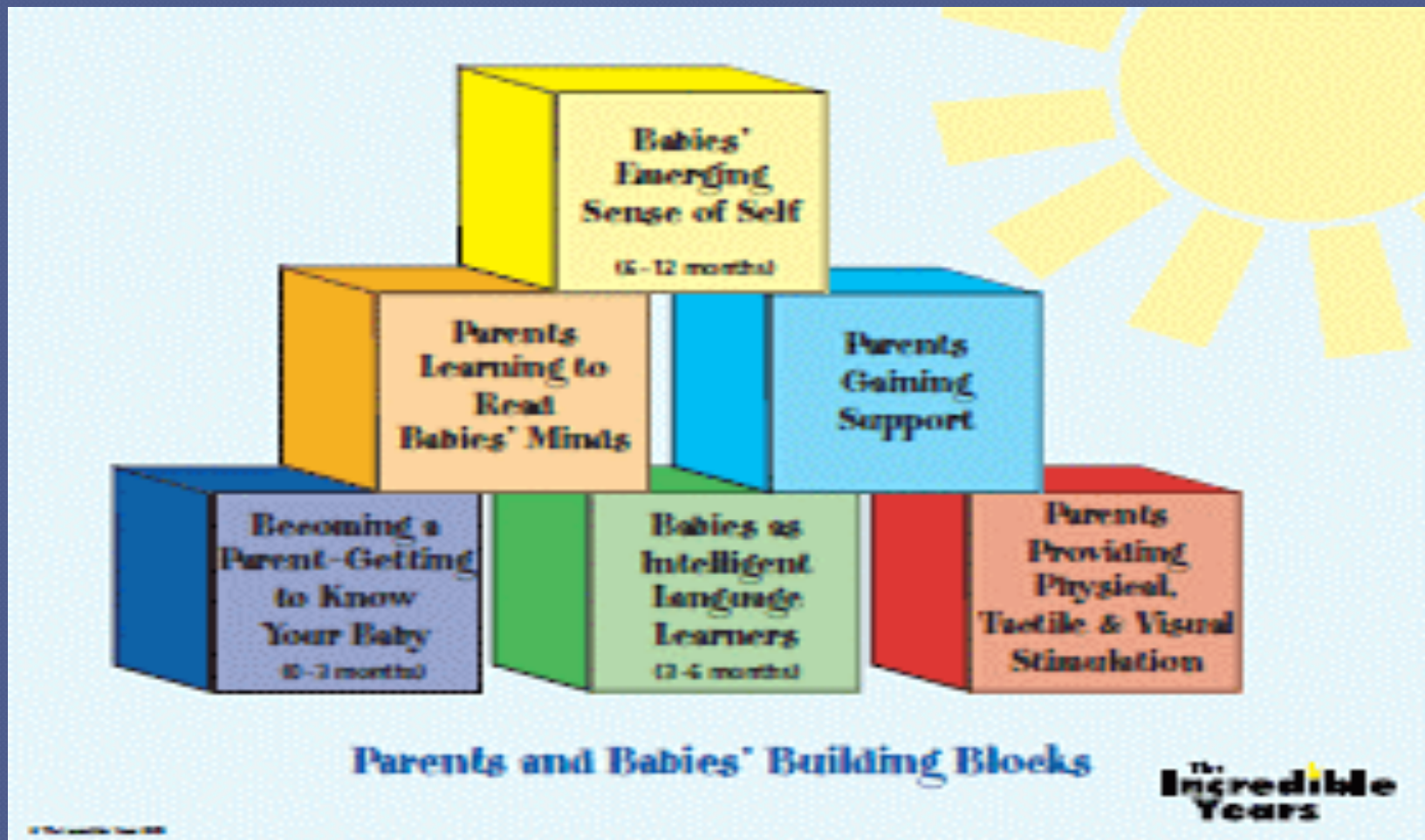
- ✓Critical Statements
- ✓Physical Negatives
- ✓Negative Commands.

The Control group did not show any significant changes on any of the 5 subcategories of Negative Parenting.

Rush University Study

- Population: 2–3-year-olds in day care centers serving low-income families of color in Chicago. Eleven centers were randomly assigned to 1 of 4 conditions:
 - (a) parent and teacher training (PT TT)
 - (b) parent training (PT)
 - (c) teacher training (TT)
 - (d) waiting list control (C)
- After controlling for parent stress, PT and PT TT parents reported higher self-efficacy and less coercive discipline and were observed to have more positive behaviors than C and TT parents.
- Among toddlers in high-risk behavior problem groups, toddlers in the experimental conditions showed greater improvement than controls. Most effects were retained 1 year later. Benefits were greatest when parents directly received training.

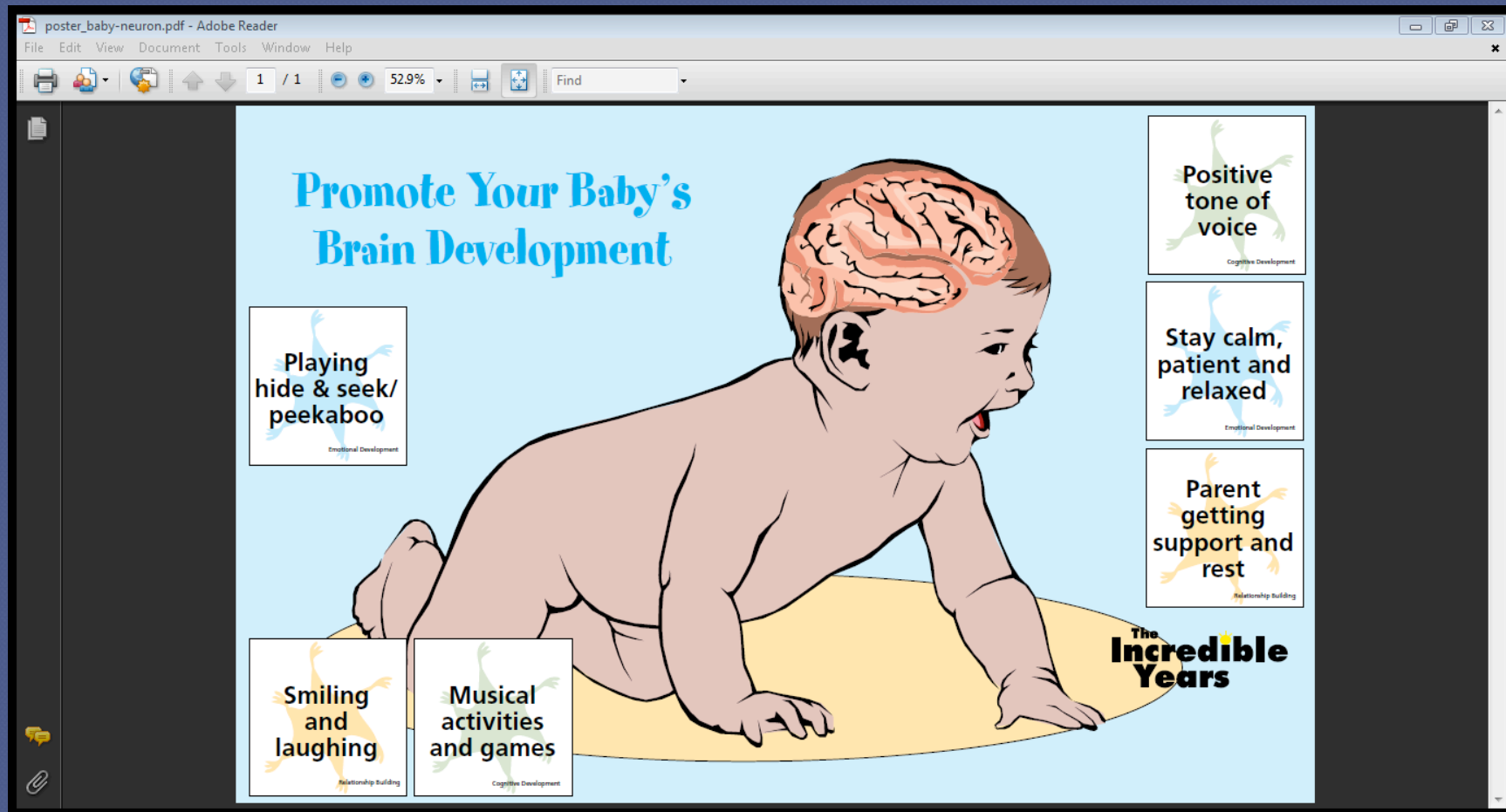
Let's take a closer look at the IY Baby Program



Baby Program Topics:

- Parents getting to know their babies
- Parents as Responsive Communicators and Babies as Intelligent Learners
- Providing Visual, Physical, Tactile Stimulation
- Reading Babies' Minds
- Gaining Support
- Babies Emerging Sense of Self

Parents Learning about Brain Development



Additional Methods and Processes: Baby Program

- ◉ Set up for Success: diapers, wipes, soft mats, toys, rocking chairs, etc..
- ◉ Live coaching and practicing with babies
- ◉ Helping babies and staying focused: singing and allowing for interaction



Research is in process: The IY Baby Program:

- ◉ Wales: Bangor University- Dr. Judy Hutchings
- ◉ Ireland: Archways



Parent Experiences:



Bibliography and Contact Info:

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- Webster-Stratton, Carolyn (2011) *The Incredible Years, Parents, Teachers, and Children's Training Series*, Incredible Years Inc., USA
- Webster-Stratton, Carolyn (2011) *Incredible Babies: A Guide and Journal of your Baby's First Year*, Incredible Years Inc., USA
- For Further Information about the IY Toddler or Baby Program contact Incredible Years at: www.incredibleyears.com or e-mail @ incredibleyears@incredibleyears.com

Thank you!

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