

Incredible Years Clare Basic Parenting Programme Information



The Incredible Years (IY) Basic Parents programme is the core component of the IY Training series. This series was devised by Dr. Carolyn Webster-Stratton in the U.S (1984:1998) to prevent, reduce and treat conduct problems in children.

The IY Basic Parent's programme is offered to parents who have a child or children attending a school where IY Teacher Classroom Management (TCM) Training has been undertaken by school staff.

The IY Basic Parents programme is delivered by experienced professionals from Clarecare's Family Support Team. It is delivered over 12 weeks for 2 hours per week and uses well researched ideas to help parents promote the social, emotional and behavioural development of their children. The focus is on parent's strengths and on building parent's skills to enhance the parent-child relationship.

Schools participating in the IY TCM training advertise the parent's programme and each group can accommodate a maximum number of 15 participants. Both Mums and Dads are welcome and participants in these programmes come from a variety of family settings and ethnic backgrounds.

The IY Basic Parent's programme involves group led discussions about everyday challenges and concerns that parents may have. Video examples depicting real life scenarios between parents and children are used to introduce new ideas to parents and offer suggestions about how to manage children's behaviour at home. Group discussions, guided by facilitators, give parents an opportunity to share their experiences of trying out new techniques at home. Parents who have completed the IY Basic Parent's programme have reported finding tips from other parents and group facilitators to be of great benefit.

Parents also enjoy:

- Themed goodie bags based on the topic being covered.
- Weekly handouts from the IY Basic Parent's Programme.
- Meeting other parents in similar situations.
- Lunch after the programme every week with the group.
- Availability of childcare allowance, if needed.
- Availability of The Incredible Years Parent's book by Dr. Carolyn Webster-Stratton. The book may be accessed through group facilitators to buy or on loan from local library.



Overview of Programme Content:

- **Play:** The importance of play in terms of its benefits physically, emotionally and cognitively is explored. Play is perhaps the most important aspect of a child's young life yet it is often viewed as pointless and even as a waste of time in our society. The IY Basic Parent's programme introduces the different types of play that are central to our children's development. The importance of child/parent play is examined and the use of techniques like descriptive commentary and child directed play.
- **Praise and Rewards:** The focus of this part of the programme is on how to use praise and reward systems effectively. Adult attention and praise are very powerful reinforcers for children when used consistently. Praise can strengthen positive behaviours in children. Techniques like specific labelled praise, modelling self praise and promoting positive self talk are used in this programme. This consistent use of praise and positive attention is central to developing children's self esteem and helping them to learn and master new skills.
- **Limit Setting:** This part of the programme focuses on the management of difficult behaviour and setting clear limits. Once the positive relationship has been built up with children it becomes easier to then use discipline strategies when necessary with children. At this point we begin to look at effective commands, types of commands we use, household rules and using reminders and warnings with distractible children. The effectiveness of active ignoring in certain situations is also explored with parents and how to maintain self control in trying circumstances. The importance of being consistent as adults in following up on commands in order to ensure that they are effective with children is highlighted. The concept of using Time Out as a disciplinary strategy is outlined along with examples of its effective application in real life scenarios.
- **Handling Misbehaviour:** This section looks at other consequences that can be used successfully to handle misbehaviour. Consequences that are both natural and logical can be applied successfully to deal with problem behaviour and enable children to make choices and look at solutions to problems within clear boundaries when necessary. This section also introduces the idea of problem solving with children. The values of sharing and cooperating in order to work through problems as they arise are explored



Getting Started: Facilitators arrange to meet parents who have secured a place on the IY Basic Parents programme individually before the group begins. At this stage parents are asked to fill in some forms with facilitators individually, if they are happy to do so. All information is entirely confidential and is used for research and information purposes only. Parents can chose not to complete forms but still fully participate in the IY Basic Parent’s programme. A coffee morning is also held for the group as the first get together and helps make parents feel welcome into the group.

Video Taping: In order to attain accreditation from the IY committee in Seattle USA the facilitators need to tape themselves in action in each session. This allows them to improve their group delivery skills. The camera is on the facilitators ONLY not participants and material is viewed only to examine facilitators skills not participants responses.

Quotes from Previous Participants:

“My child understood & really responded to things like praise, play & good attention”

“I am very happy & positive in what I have now achieved”

