



# Incredible Years Parenting Programmes

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Incredible Years Parent Management Training



# The Werry Centre Incredible Years Parent Management Training Project

- The Werry Centre have invested in Incredible Years in New Zealand since 2004
- In looking at Parenting Programmes to develop in New Zealand, Incredible Years was chosen due to it's strong evidence base.



# Incredible Years Effectiveness (Prevention Groups)



- 3 randomized control evaluations by developer
- 8 independent replications
  - Miller (2002) Parents with older child in prison
  - Rojas-Flores (2001) Latino families (Head Start)
  - Gross (2002) African-American parents (toddler)
  - Scott (2003) London Schools
  - Linares (2006) Foster & Biological Parents, U.S.A.
  - Lavigne (2007) Doctors' Offices, U.S.A.
  - Hutchings (2007) Sure Start, Wales
  - McGilloway (2009) 2-7 years, Ireland

# Prevention Group Findings

- Increases in positive parenting
- Decreases in harsh discipline
- Reductions in conduct problems
- Increases in child social competence



# Incredible Years Effectiveness (Treatment Groups)

- 8 randomized control evaluations by developer
- 6 independent replications
  - Spaccarelli (1992) U.S.A.
  - Taylor (1998) Canada
  - Scott (2001) U.K.
  - Gardner (2006) U.K.
  - Larsson & Team (2008) Norway
  - Posthumus (2009) Holland





# Treatment Group Findings

- Increases in positive parenting
- Decreases in harsh discipline
- Reductions in conduct problems
- Two thirds of children in normal range at 3 and 10 year follow up

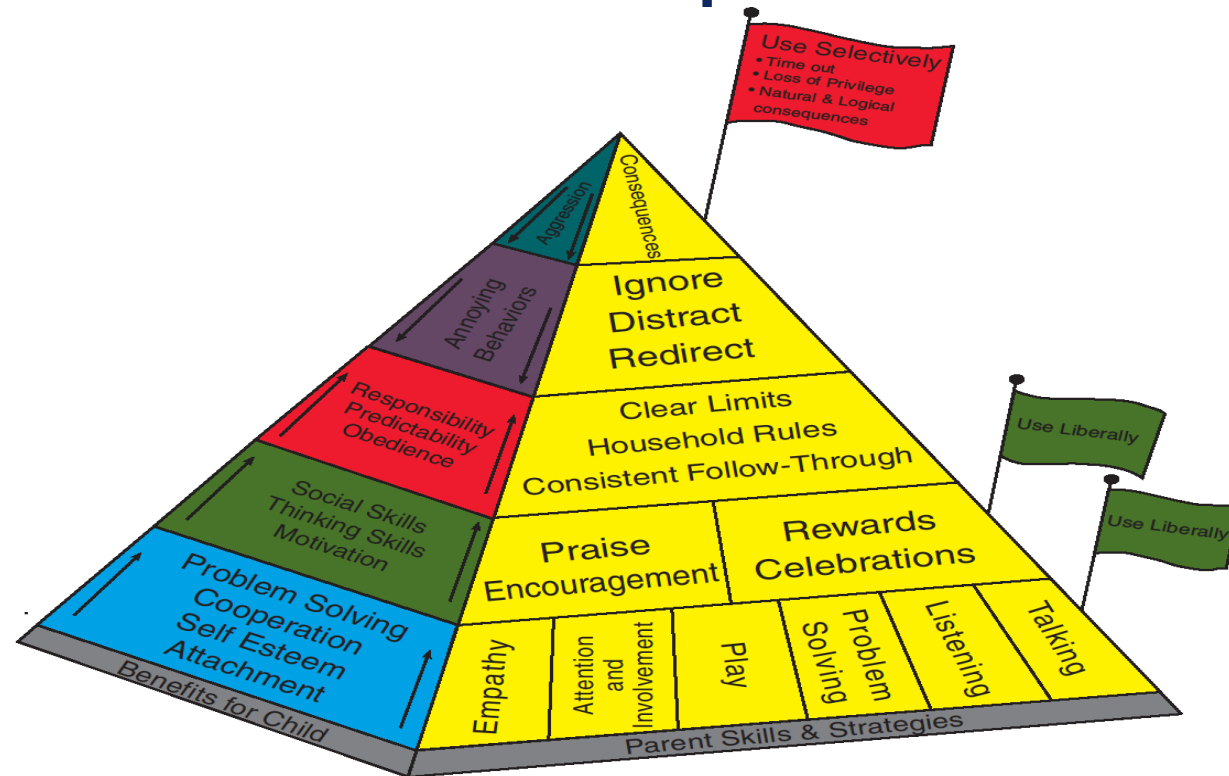


# Incredible Years Methods

- Developmentally based
- Collaborative process
- Coping versus mastery
- Video modeling / DVDs
- Role Plays / Practice
- Home assignments
- Group support



# Incredible Years Learning Principles



Parenting Pyramid

# Why Incredible Years Parenting Programme?



- Difficulties in emotional regulation and social competence are powerful predictors of school success
- Children with emotional and behavioural difficulties are at high risk for under achieving at school, school drop out, violence and substance abuse.

# The Earlier the Intervention the Better

- Early intervention has a greater chance of preventing later academic and social problems
- Between the ages of 2-8 years children's behaviour is more malleable
- Treatment in adolescence is more difficult and more costly



# When should a parent seek help?

- Child refuses to do what parent asks them to do 8 out of 10 times
- Aggression towards peers and difficulty making friends reported by school or day care
- Parent/s feel concerned about their parenting approach
- Child has developmental problems and difficulty learning social skills



# Incredible Years – Updated Programmes 0–12 years

- Infant and Toddler Programme
- Basic Preschool Programme
- School Aged Programme



# Babies Parent Programme

- 8-10 sessions for 0-1 years
- Learning how to read baby's signals and cues
- Providing visual, physical and tactile stimulation to babies
- How to babyproof your home
- Helping babies feel secured and loved
- Responding appropriately to crying
- Developing supportive networks



# Toddler Programme

- 12 sessions for 1-3 years age group
- Child directed play to promote positive relationships
- Promoting language development
- Promoting social and emotional competence
- Providing Praise and Encouragement
- Handling Separations and Reunions
- Positive discipline – effective limit setting
- Helping toddlers learn to self regulate





# Basic Preschool Programme

- 14 sessions – (3-6 years age range) prevention
- 18-20 sessions treatment
- Increase developmentally appropriate nurturing and parenting practices
- Persistence, academic and social and emotional coaching
- Child directed Play
- Praising and Motivating Children
- Predictable routines and schedules

# Basic Preschool Programme (continued)

- Helping children with self regulation
- Appropriate social skills
- Problem solving
- Promoting parent-teacher collaboration





# Incredible Years Basic School Aged Programme

- 14-16 weeks 6-8 years and 9-12 years
- Importance of Parental Attention and Special Time
- Academic, persistence, social and emotional coaching
- Setting predictable household rules, responsibilities and routines
- Clear and respectful limit setting



# Incredible Years Basic School Aged Programme (continued)

- Clear and respectful limit setting
- Following through with logical and natural consequences
- Understanding the importance of monitoring children's whereabouts



# Incredible Years Training Parent Programme Steps

Attend a 3 Day Basic Training



Attend Supervision Days



Accreditation in Incredible Years (Werry Centre supported initiative)



Attend Consultation Days



Peer Coach Training



Mentor Training

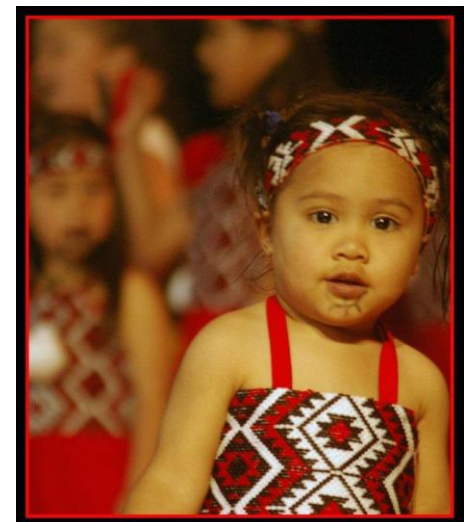
# Progress in New Zealand

- 558 trained group leaders
- 93 of trained leaders identify as Maori
- 15 Accredited Group Leaders
- 4 Trained Peer Coaches (2 fully Accredited)
- 1 New Zealand mentor
- 2 New Zealand mentors in training



# Progress in New Zealand

- Increase Werry Centre Incredible Years team to cope with growing demands
- Continue to support Accreditation
- Continue to provide Consultation
- Additional Peer coach training
- Grow current pool of experienced group leaders to work towards becoming mentors





# The Werry Centre

for Child and Adolescent Mental Health  
Workforce Development

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