



Tailoring the Incredible Years Parenting Programme to Meet the needs of Maori whanaau

Nga tohu o tou aroha, e oranga mo apopo
Loving intentions ensure future wellness

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How effective is the Incredible Years Parenting Programme when delivered on the marae?






Our Kaupapa

- Te Whare Tapa Wha**
- Taha Whanau**
- Taha Hinengaro**
- Taha Tinana**
- Taha Wairua**





What did we want to achieve?

- **Hua oranga guiding principles**
- **Marae based delivery**
- **Tikanga led**
- **Wairua**
- **Increase Maori cultural identity**
- **Improved relationships**
- **Increase parenting skills**
- **Group leader collaboration**





What did we do differently?

- **Lengthy engagement process!**
- **Powhiri – opening ceremony**
- **“Sacred place” of learning in the wharenui**
- **Children participated throughout the group**
- **Start and finish with waiata and karakia**
- **Pacing & relevance to fit with the group**
- **Good kai**
- **Waa whakamutunga – closing ceremony**



Maori Resources

- **Developed evaluations based on Te Whare Tapa Wha**
- **Waiata and karakia booklets**
- **Culturally significant rewards**
- **Use of Maori metaphors and concepts**




What did Webster-Stratton say?

- We sent tapes for review
- Carolyn validated our work & cultural elements were welcome additions
- Our group was assessed as being delivered with fidelity*
- Reinforced our pacing of group
- Encouraged practice relevance to whanau situations



Carolyn Webster-Stratton, Canadian born, lives in Seattle, Washington, U.S.A, author of Incredible Years, mother of two children Seth and Anna



Incredible Years - Components of Programme Implementation Fidelity

- Adherence to the programme - delivery with all core components using IYrs protocols and materials
- Exposure – frequency and length as recommended
- Quality – delivery using methods and processes prescribed by developer
- Attendance – extent to which participants are engaged and involved
- Differentiation – programme tailored according to the population served

Differentiation – key to fidelity (the f word) in delivery

- Weaving of tikanga and IYrs fidelity
- Differentiation for Maori whanau – ensuring cultural needs are met within group delivery
- If cultural needs NOT met then programme is NOT being delivered with fidelity

Standard Programme Evaluation Tool

Component	Neutral	Somewhat Useful	Useful	Extremely Useful
Child Directed Play	1	2	2	5
Descriptive Commenting	1	2	2	5
Praise and Encouragement	1	1	2	5
Tangible Rewards	1	2	2	4
Responsibility/Responsibilities	1	2	2	4
Modeling	1	2	2	3
Positive Commands	1	2	2	4
Time Out	1	2	3	3
Logical Consequences	1	2	2	4
Interactive Reading	1	2	4	3
Helping with Academics	1	3	3	3
Problem Solving with Adults	1	3	3	3
Problem Solving with Teacher	1	2	4	3
Collaboration with Teacher	1	3	3	3
Helping My Child to Problem Solve	2	3	3	3
Family Meetings	2	3	3	3

Some comments from the parents

- I thought some of my kids were mongrels but her kids are even worse
- My girl is smiling all the time and so am I
- I was sure that stuff wouldn't work for my daughter but she's doing heaps of things, wanting to be helpful and really loving it!

Comments from the parents on reaching their goals

- *“Praise works rather than negative attention”*
- *“Ignoring works”*
- *“I learnt to think ahead”*
- *“Working towards rewards works”*
- *“I reckon my anger's gone, I've kicked it to the curb...”*



In summary – what worked

- Culturally appropriate engagement process
- Formal Powhiri
- Environment
- Whaanau
- Waiata and karakia
- Kai
- Parents experiences, relevance and metaphors
- Less focus on written home activities
- Respect and humour (keeping it real)




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- Takutai Wikiriwhi (Kaumatua Whatua Kaimarie Marae)
- Te Kani Kingi (author of Te Hua Oranga)


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**Tēnā koutou katoa.
Nā Traceyanne Herewini and Ingrid Altena**



ANEI RA TE WHANAU

Anei ra te whanau O te whare oranga E tu tahi tatou Kia Kaha ra	<i>Here is your whanau Of the house of wellbeing Standing as one together It will make us strong</i>
CHORUS Ka nui te aroha Me nga mamae nui e Ma te whakapono tatou E whiwhi oranga	<i>There will love aplenty And a lot of pain Let us all be true Wellbeing can be achieved</i>
Kaua e matakū He rangatira koe Ha-pai-tia te mauri Me te wairua	<i>So don't be afraid You are a leader/chief Your special character will uplift you And you spirit</i>