International Conference on Parenting in the 21st Century Hong Kong
Preventing Conduct Problems and Promoting Young Children’s Social, Emotional and Academic Competence

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Incredible Years® (IY) Parent, Teacher and Child Evidence-based Programs
Prevalence of Young Children with Emotional and Behavioral Problems

12–25% of children aged 3–12 have clinically significant social, emotional, or behavioral problems and are a common presenting concern to pediatricians during well child visits.

7–10% of children are diagnosed with oppositional defiant disorder (ODD), conduct disorder (CD), or attention deficit disorder (ADHD)
Prevalence of Young Children with Emotional and Behavioral Problems

Aggressive and disruptive behaviors in children are starting earlier and escalating in intensity.

Arrests for children in US under 13 increased 165% for drug abuse, 76% for weapons violation, and 54% for aggravated assault.

Hospitalizations for mental health conditions have increased 86.2% for children ages 5-9 years from 2006 to 2011 (2015 Report on Health Care).
Children with emotional and behavioral difficulties (aggression) are at high risk for underachievement, school drop out, delinquency, violence, and substance abuse.
Trajectories of Aggressive Behavior

Physical Aggression Curves

- Little Aggression
- Some Aggression
- Modest Aggression
- High Aggression

Reproduced with permission from Tremblay et al (2003)
Early intervention has a greater chance of preventing later academic, social & emotional problems because it prevents the cascading of cumulating risk factors.

Treatment in adolescence is more difficult, lengthy and more costly.
When Should a Parent Seek Help?

- Child refuses to do what parent asks them to do 8 out of 10 times.
- Teacher or day care provider reports child has a problem with aggression toward peers and difficulty making friends.
- Parent feels they are not successful in helping their child reduce their aggression & concerned about their parenting approach.
- Child has developmental problems & difficulty learning social skills.
Early Prevention a Worthwhile Investment

Prevention of early aggression and subsequent diversion of one high risk child from a life of crime results in 60-80 fewer crimes and cost benefits of $1.7 to $2.3 million per child (Cohen, 1998).
Less than 10% of young children with conduct problems actually receive treatment; fewer receive evidence-based treatment.
A researched program with experimental studies that employ the following:

- At least two randomized control group trials (RCT)
- At least one RCT independent replication
- Outcome shows change in research-based risk factors
- Studies use reliable measures including reports, observations, assessments
- At least one-year follow-up
I Y Building Blocks For Promoting Children’s Social, Emotional & Academic Skills: IY Parent, Child & Teacher Programs
Incredible Years® Program Series Goals

Short Term Goals
- Improve parent-teacher-child relationships
- Reduce harsh discipline at home and school
- Increase parent and teacher social support
- Improve home-school communication
- Promote child social competence, emotional regulation, problem solving and school readiness
- Prevent, reduce, and treat social and emotional problems in young children

Long Term Goals
- Prevent conduct disorders, school drop out, delinquency and substance abuse
IY Building Blocks For Promoting Children’s Social, Emotional & Academic Skills: IY Parent Programs

- **Baby Parent Program**: Ages 0 to 12 months
- **Toddler Basic Parent Program**: Ages 1 to 3 years
- **Preschool Basic Parent Program**: Ages 3 to 6 years
- **School Age Basic Parent Program**: Ages 6 to 12 years
- **Advanced Parent Program**: Ages 4 to 12 years
IY Parenting Program Group Methods & Process – Fidelity Delivery

- Developmentally based
- Culturally sensitive – address parent goals
- Emphasizes the therapeutic relationship: “Collaborative Process”
- Coping (vs. Mastery model) – self-reflective learning
- Video modelling/DVDs
- Role play practice & rehearsal
- Goal Setting & Self-monitoring
- Home activities
- Group support & home coaching
- Sensitive to socioeconomic barriers
The Incredible Years® Toddler Program Ages 1-3 Years
Incredible Years® Toddler Basic Program
Developmental Milestones

• Secure Attachment for Discovery & Exploration
• Language Development
• Beginning Friendship Skills
Incredible Years® Toddler Program
Promoting Sensitive and Responsive Parenting
12 sessions

• Child-directed play promotes positive relationships & attachment
• Promoting toddlers’ language development
• Promoting toddlers’ social & emotional competence
• The art of providing praise & encouragement
• Handling Separations and Reunions
• Positive discipline - effective limit setting
• Encouraging toddler’s exploration
• Safety Proofing home
The Incredible Years® Basic Preschool Program (Ages 3-6 years)
Incredible Years® Preschool Basic Program
Developmental Milestones

- Emotional Self-regulation Skills
- Secure Attachment for Discovery & Exploration
- Social & Friendship Skills
- School Readiness Skills
• Increase parent understanding of developmentally appropriate, nurturing parenting practices

• Use persistence, academic, social and emotional coaching as well as child directed play to promote academic readiness skills

• Praising and motivating children
IY Basic Preschool Program (3-6 years)

14 Sessions (Prevention) & 18-20 Sessions (High Risk) (3-6 years)

• Predictable routines & schedules
• Positive and consistent discipline approaches for misbehavior
• Helping children self-regulate, use appropriate social skills, problem solve, and develop imaginary play
• Promote parent-teacher collaboration
Incredible Years® School Age Program
(6-8 and 9-12 years versions) 12-20 sessions
Incredible Years® School Age Program
Developmental Milestones

- Problem Solving Skills
- Developing Independence, Self-confidence & Sense of Responsibility
- Social & Friendship skills
Incredible Years® School Age Program
(6-8 and 9-12 years versions) 12-20 sessions

Building Strong Family Connections

- Importance of parental attention and special time
- Using academic, persistence, social and emotional coaching
- Setting predictable household rules, responsibilities and routines
- Clear and respectful limit setting
- Following through with logical and natural consequences
Incredible Years® School Age Program
(6-8 and 9-12 years versions) 12-20 sessions

Building Strong Family Connections

• Setting household responsibilities
• Household rules about drugs, alcohol, sexual activity & computer use
• School homework routines & coaching
• Understanding importance of monitoring children’s whereabouts at all times
• Teaching children to problem solve
• Collaborating with teachers
The Incredible Years® Advanced Program
Ages 4-12 years
IY Advanced Parent Program
8-12 sessions (6-12 years)

Building Supportive Families

- Effective Communication Skills
- How to Give and Get Support
- Anger Management
- Depression Management
- Adult Problem-solving Skills
- Problem-solving with teachers
- Teaching Children to Problem Solve
- Conducting effective family problem solving meetings
IY Parent Programs for Treatment of Conduct Problems & ADHD

- 8 randomized control trials (RCTs) by developer
- 6+ independent RCT replications with diagnosed children

Findings:
- Increases in positive parenting
- Decreases in harsh discipline
- Reductions in parental depression
- Increased parental self-confidence
- Reductions in conduct problems
- 2/3 of children in normal range at 3-year & 10-year follow-up
IY Parent Programs for Prevention of Conduct Problems

• 4 RCTs by developer with high risk populations
• 8+ independent replications

Findings:
• Increases in positive parenting
• Decreases in harsh discipline
• Reductions in conduct problems
• Increases in child social competence
The Incredible Years®
Video Overview of Parent Training Program
IY Parents and Babies Program
Promoting Sensitive and Responsive Parenting and Strong Attachments: 9-24 sessions (0-1 year)

Baby Parent Program
Ages 0 to 12 months
Effects of Neglect & Poor Stimulation

3 Year Old Children

Normal

Extreme Neglect
Children assessed as “at risk” at 3 years are found to have 2.5 as many criminal convictions by 21 years, than those not at risk.

54% of depression in women and 58% of suicide attempts in women are attributed to adverse childhood early experiences.
The Earlier the Intervention for Babies and Children’s Brain Development, the Better

Children’s brain and neuron connections in their early years are still under construction – the architecture of the brain is being stimulated & sculpted by quality of their interactions and experiences with parents & teachers.

Some neurophysiological brain connections are being strengthened and some are being pruned.
IY Parents and Babies Program:
Promoting Baby’s Brain Development – Cognitive, Emotion, & Social
Incredible Years® Baby Program
Developmental Milestones

- Strengthen Relationship, Attachment & Emotion Connections
- Strengthen Babies’ Language, Cognitive & Physical Development Assuring Baby’s Safety
IY Parents and Babies Program
9-12 sessions (0-1 year)

- Learning how to read baby’s signals, cues & temperament
- Speaking “Parentese” to babies
- Providing visual, physical, and tactile stimulation to babies
- Learning how to baby-proof a home
- Helping babies feel secure and loved
- Responding appropriately to crying
- Developing supportive networks
Parent Incredible Years Baby Group
Supplemental IY Building Blocks for Parents

- Well-Baby Prevention Program: Ages 0 to 9 months
- School Readiness Parent Program: Ages 2 to 4 years
- Attentive Parenting Universal Program: Ages 2 to 6 years
- Autism Spectrum & Language Delays Parent Program: Ages 2 to 5 years
- Baby Parent Program: Ages 0 to 12 months
- Toddler Basic Parent Program: Ages 1 to 3 years
- Preschool BASIC Parent Program: Ages 3 to 6 years
- School Age BASIC Parent Program: Ages 6 to 12 years
- Advanced Parent Program: Ages 4 to 12 years
IY Autism Spectrum and Language Delays Parent Program

Autism Spectrum & Language Delays Parent Program
Ages 2 to 5 years
IY Autism Spectrum and Language Delays Parent Program
12 sessions (2-5 years)

- Child-directed Play Promotes Positive Relationships
- Pre-Academic & Persistence Coaching Promotes Language Development
- Social Coaching Promotes Friendship Skills
- Emotion Coaching Promotes Emotional Literacy
- Pretend Play Promotes Empathy & Social Skills
- Promoting Children’s Self-Regulation Skills
- Using Praise & Rewards to Motivate Children
- Limit Setting & Behavior Management
Calm Down Thermometer
Solution #1: Offer Parenting Programs

Parent training is the single most effective strategy for preventing behavior problems and promoting children’s social, emotional and academic development.
IY Building Blocks For Promoting Children’s Social, Emotional & Academic Skills: IY Parent, Child & Teacher Programs
Incredible Years®
Teachers Classroom Management Program

Teacher Classroom Management Program
Ages 3 to 8 years
Rationale for IY Teacher Classroom Management Training

• 46% of kindergarten teachers reported half their students lacked emotional self-regulatory and social skills to function in kindergarten.
• 16-30% of Head Start children display aggressive behavior problems.
• Teachers report classroom behavior to be their greatest challenge.
• Nearly 1/2 of new teachers leave the profession within 5 years.
Teacher Classroom Management Program Content & Tools

6 full day workshops spread out monthly

- Nurturing positive relationships with students & parents
- Teacher attention, encouragement, coaching and incentive tools
- Preventing problems: proactive teaching tools
- Decreasing children’s inappropriate behavior
- Managing Misbehavior
- Promoting social skills, emotional literacy, problem solving, and academic learning in the classroom
Process of Promoting Teacher Engagement & Growth

- Administrative/principal support
- Provide materials that can be used in classroom
- Use teacher evaluations, self-reflections & goals to modify subsequent training sessions
- Promote positive relationships with teachers
- Train both teachers and their assistants
- Hands-on assignments & materials
- Train peer coaches to support teacher learning/behavior plans
- Certificates of completion
IY Teacher Program for Treatment of Conduct Problems

• 1 RCT by developer with teachers of diagnosed children (adjunct to child and parent programs)

Findings:
• Decreases in harsh, inconsistent & critical discipline
• Increases in nurturing & positive classroom management skills

Compared with child or parent program alone resulted in:
• Further improvements in child academic and social competence in classroom
• Further decreases in aggressive behavior in classroom
IY Teacher Program for Prevention of Conduct Problems

2 RCTs by developer (Head Start, high-risk schools)
7 independent RCT replications, 5 ongoing

Findings:
• Reduces classroom aggression
• Increases children’s social and emotional competence
• Increases children’s school success
• Increases parent involvement in children’s education
Incredible Beginnings: Supporting Children’s Early Development (1-5 years)

- Building Positive Relationships with Toddlers and Managing Separation Anxiety
- Promoting Language Development in Toddlers and Preschoolers
- Social Coaching with Toddlers and Preschoolers
- Emotion Coaching with Toddlers and Preschoolers
- The Proactive Teacher
- Positive Behavior Management for Toddlers and Preschoolers
Video Incredible Beginnings: Supporting Children’s Early Development (1-5 years)
Helping Preschool Children with Autism: Teachers and Parents as Partners (3-5 years)
IY Autism and Language Delays Teacher Program (3-5 years)

- Promoting Language Development
- Promoting Social Interactions
- Promoting Emotional Literacy and Self-Regulation
IY Helping Preschool Children with Autism: Teachers and Parents as Partners Program (3-5 years)

- 4-6, 2-hour weekly sessions

- Offered to preschool teachers and/or parents with children on the autism spectrum or with language delays.

- Best is parents have completed the 12-16 week Autism Parent Program first.

- Best offered to preschool teachers after they have completed the Incredible Beginnings or the Teacher Classroom Management Program.
IY Helping Preschool Children with Autism: Child-Directed Block Play Using Picture Cards (V-30)
Solution #2: Provide Teacher Training

Teacher training in classroom management skills reduces classroom aggression and increases children’s social and emotional competence and school success.
IY Building Blocks for Promoting Children's Social, Emotional & Academic Skills: IY Parent, Child & Teacher Programs
IY Dina Dinosaur Social and Emotional Skills Child Programs

Child Dinosaur Classroom Prevention Program
Ages 3 to 8 years

Child Dinosaur Treatment Program
Ages 4 to 8 years

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Child Program Content: Dinosaur School

- New Friends and School Rules
- Succeeding in School
- Understanding Feelings
- Problem Solving
- Anger Management
- Talking with Friends and Being Friendly

Child Dinosaur Classroom Prevention Program
Ages 3 to 8 years
Dinosaur Small Group Child Program for Treatment of Conduct Problems

- 3 RCTs by developer (children ages 4-8)
- 1 independent RCT replication

Findings
- Improved emotional language, social skills, and cognitive problem solving strategies with peers
- Reductions in conduct problems at home and school
- Reductions in hyperactivity & inattention
Dinosaur Child Classroom Program for Prevention of Conduct Problems

• 2 RCTs by developer with children ages 3-8 years in Head Start and primary grades

Findings
• Increases in school readiness
• Improved emotional regulation
• Increases in social skills
• Reductions in behavior problems
• Increases in problem-solving with peers
The Incredible Years®
Video Overview of Child Training Program
Solution #3: Provide Children with Social and Emotional Training

Child training produces improvement in emotional literacy and social behavior with peers at school. For highly aggressive children the combination of parent and teacher/child training produces better long-term results than either alone.
Where Are Programs Being Delivered?

- Head Start Centers, Sure Start, Day Care
- Primary Grade Schools
- Mental Health Centers
- Community Health Centers (nurses)
- Jails for Incarcerated Parents (Scotland, Holland)
- Homeless Shelters
- Foster Parents (New York)
- Home Visits (Native Americans, California)
- Businesses as Employee Benefit (Goodwill)
- Doctor’s Offices
Group Leaders Trained by Country
Parent, Child & Teacher Programs
(August 2016)

Australia 622
Canada 2394
Denmark 641
Finland 460
Ireland 1738
Netherlands 102
New Zealand 2086
Norway 2002
Portugal 316
Russia 87
Sweden 523
Spain 43

England 17797
Northern Ireland 1071
Scotland 1320
Wales 4618
USA 16610
Trainers/Mentors by Country (August 2016)

- USA 22 (*9 in-process)
- England 14 (*2 in-process)
- Norway 13 (*2 in-process)
- New Zealand 7 (*2 in-process)
- Ireland 2 (*1 in-process)
- Netherlands 2
- Denmark 4 (*1 in-process)
- Portugal 4 (*2 in-process)
- Russia 1
- Wales 4
- Australia 1
- Scotland 2
- Northern Ireland 2 (*1 in-process)
Research paints a picture of both hope and warning. It tells us that young children are resilient; parents, teachers, and healthcare professionals can work together to support children’s social and emotional competence and school success while reducing problem behaviors. Research also warns about the risks if we don’t provide this kind of support for higher risk young children.
EARLY INTERVENTION: Building Society’s Bank Account for the Future