

The Incredible Years



Paso Del Norte Children's Development Center

WEEK 1

Introduction and goals

Objectives:

- Meet with families and introduce the structure of the Incredible Years Program.
- Have families' complete Intake packet and introduce themselves to the group.
- Answer any questions or concerns families may have.

Week 2

Play (P1)

Objectives:

- Importance of Play
- Avoiding the criticism trap.
- Understanding the importance of adult attention to promote positive child behaviors – "Attention Principle".
- Building a positive relationship through child – directed play

WEEK 3

Child Directed Play (P2)

Objectives:

- Building a positive relationship through child-directed play.
- Recognizing children's capabilities and needs, building children's self-esteem and self-concept.
- Adjusting to children's self – esteem and self-concept.
- Learning about normal developmental milestones.

WEEK 4

Academic and Persistence Coaching

Objectives:

- Academic coaching increases children's school readiness, ability to be focused, calm and persist with an activity.
- Descriptive commenting promotes children's self – confidence and frustration tolerance.
- Using "persistence coaching" to strengthen children's ability to be focused, calm and persist with an activity.
- Learning how to coach preschool reading skills.
- The "modeling principle"-by parents avoiding the use of critical statements and demands and substituting positive polite language, children model and learn more positive communication and to be respectful.
- Understanding children's developmental drive for independence.

WEEK 5

Social and Emotional Coaching

Objectives:

- Using emotion coaching to promote children's emotional literacy.
- Combining persistence coaching with emotion coaching to strengthen child's self – regulation skills.
- Learning how to prompt and model emotion language.
- Social coaching, one-on-one, builds child's social skills (e.g., sharing, taking turns).
- Knowing how to engage in fantasy play to promote social skills and perspective taking.
- Helping parents understand how they can coach several children in positive peer interactions.
- Understanding how to model, prompt, and praise social skills.
- Understanding developmental stages of play.
- Learning how to apply coaching principles in other settings (e.g., meal times, grocery store trips, bath times, etc.).

WEEK 6

The Art of Effective Praise and Encouragement

Objectives:

- Building children's self-esteem through praise and encouragement.
- Labeling praise.
- Give to Get" principle-for adults and children.
- Modeling self –praise.
- Resistance to praise-the difficulties from self and others to accept praise.
- Promoting positive self-talk.
- Using specific encouraging statements versus nonspecific.
- Getting and giving support through praise.
- Avoiding praising only perfection.
- Recognizing social and academic behaviors that need praise.
- Understanding "proximal praise "and "differential attention".

WEEK 7

Motivating Children through Incentives

Objectives:

- Understanding how to develop incentive programs that are developmentally appropriate.
- Understanding value of spontaneous rewards and celebrations.
- Recognizing when to use the "first-then "principle.
- Understanding how to "shape "behaviors.
- Providing ways to set up sticker a chart systems with children.
- Understanding ways to use tangible rewards for problem such as dawdling, not dressing, noncompliance, fighting with siblings, picky eating, messy rooms, not going to bed, and toilet training.
- Importance of reinforcing /refueling oneself and others.

WEEK 8

Rules, Routines and Responsibilities

Objectives:

- Importance of routines and predictable schedules for children, predictable household rules and family responsibilities.
- Clear and predictable household rules offer children safety and reduce misbehaviors.
- Establishing clear and predictable routines separating from children and greeting them, going to bed and morning routines.
- Starting children learning about family responsibilities.
- Helping children learn family household rules.

WEEK 9:

Effective Limit Settings

Objectives:

- Understanding ways to give effective commands, reminders, and redirection.
- Identifying important household rules.
- Understanding ways to give more effective commands.
- Avoiding using unnecessary commands.
- Avoiding unclear, vague and negative commands.
- Providing children with positive alternatives/choices.
- Understanding when to use the “when – then “command.
- Recognizing the importance warnings, reminders and redirection.
- When possible, give children transition time.
- “Politeness Principle”.
- Praise children’s compliance to commands.

Week 10

Follow Through

Objectives:

- Understand the importance of distractions coupled with ignore.
- Understand the importance of consistency and follow through by parents.
- Maintain self-control and use calm down strategies.
- Understanding that testing is normal behavior.
- Use ignore technique consistently and avoid arguing about limits.

WEEK 11

Ignoring Misbehavior’s

Objectives:

- Understanding how to effectively ignore.
- Understanding concept of “Selective Attention” and Attention Principle”.
- Repeated learning trials –negative behavior is a sign children needs some new learning opportunities.
- Identifying appropriate behavior to ignore.
- Keep filling up bank account with play, coaching, praise and incentives.
- Practicing self – control and calm down strategies.

WEEK 12

Time Out to Calm Down

Objectives:

- Learn how to teach children calm down strategies.
- Explaining Time Out to a Preschool-age child.
- Using Time Out respectfully and selectively for destructive behavior or severely oppositional children.
- Following through when a child resists Time Out.
- Helping victim of aggressive act.
- Continuing to strengthen prosocial behaviors (positive opposite).
- Parents practicing positive self –talk and anger management strategies.

WEEK 13

Natural & Logical Consequences

Objectives:

- Learn about developmentally appropriate logical and natural consequences.
- Understanding the importance of new learning trails.
- Understanding the importance of brief, immediate consequences.
- Avoiding power struggles that reinforce misbehavior through lack of follow through.
- Determining age appropriate natural and logical consequences.

WEEK 14

Problem Solving

Objectives:

- Learn how to help children think about the emotional and behavioral consequences to proposed solutions.
- Understanding that games and stories can be used to help children begin to learn problem-solving skills.
- Appreciating the developmental nature of children's ability to problem solve.
- Strengthening a child's beginning empathy skills or ability to understand a problem from another person's point of view
- Recognizing why aggressive and shy children need to learn these skills.
- Understanding the importance of validating children's feelings.
- Learning to model problem solving for children.

GRADUATION

Objective: Give certificates/Diplomas to Parents who participated in the program

