The Incredible Years

BASIC Parent Training Program*

**Program Summary:**
The *Incredible Years* are research-based, proven effective programs for reducing children's aggression and behavior problems and increasing social competence at home and at school. The Incredible Years includes several stand alone programs including a BASIC parent training program, an ADVANCE parent training program, a teacher training program, and a social emotional child program called DINA that can be used in the classroom or in a small group setting.

The *Incredible Years* BASIC Parent Training Program is a series of programs focused on strengthening parenting competencies (monitoring, positive discipline, confidence) and fostering parents' involvement in children's school experiences in order to promote children's academic, social and emotional competencies and reduce conduct problems.

**Developer:** Carolyn Webster Stratton, Ph. D.

**Website:** [http://www.incredibleyears.com/index.asp](http://www.incredibleyears.com/index.asp)

**Contact:** Lisa St. George, lisastgeorge@comcast.net or (888) 506-3562

**FREQUENTLY ASKED QUESTIONS**

1. **What population is the Incredible Years BASIC Parent Program designed to target?**
   The *Incredible Years* BASIC Parent Programs target parents of children ages 3-12. The BASIC Parent Training Program (Preschool/Early Childhood) is for parents of children ages 3 through 6. The School Age BASIC Parent Training Program is for parents of children ages 6 through 12. The programs can be targeted at parents of children who may be at risk for or have behavior issues or used as a general program for any parent interested in improving their parenting skills. The program emphasizes parenting skills that promote children's social competence and reduce behavior problems.

2. **What risk and protective factors does the Incredible Years BASIC Parent Programs target?**

   **Protective Factors Targeted for an Increase**
   - Family Attachment
   - Family Opportunities for Prosocial Involvement
   - Family Rewards for Prosocial Involvement

   **Risk Factors Targeted for a Decrease**
   - Poor Family Management
   - Family Conflict
   - Family History of Antisocial Behavior
3. What kind of outcomes can be expected from the Incredible Years BASIC Program?
In research studies*, the Incredible Years BASIC Parent Programs have been shown to:

- Increase parent positive affect such as praise and reduced use of criticism and negative commands.
- Increase parent use of effective limit-setting by replacing spanking and harsh discipline with nonviolent discipline techniques and increased monitoring of children.
- Reduce parental depression and increase parental self-confidence.
- Increase positive family communication and problem-solving.
- Reduce conduct problems in children's interactions with parents and increases in their positive affect and compliance to parental commands.

* Six randomized control group evaluations of the parenting series by the program developer and colleagues at the University of Washington as well as five independent replications by other investigators.

Information and research articles demonstrating the impact of the Incredible Years BASIC Program can be accessed at:

- The Incredible Years Parents, Teachers and Child Training Programs
  http://www.incredibleyears.com/
- Center for the Study and Prevention of Violence
  http://www.colorado.edu/cspv/blueprints/modelprograms/IYS.html
- Office of Juvenile Justice and Delinquency Prevention
  http://www2.dsonline.com/mpg/mpg_program_detail.aspx?ID=343&title=The+Incredible+Years

4. Who can deliver the Incredible Years BASIC Parent Program?
Parent group leaders run the Incredible Years BASIC Parent Program. Parent group leaders can come from many different backgrounds including counseling, social work, psychology, nursing, and education. Parent group leaders should have training in child development, behavior management, and running a group.

5. How is the Incredible Years BASIC Parent Program structured?

The link below will give you an overview of the Incredible Years BASIC Parent Program

- Two parent group facilitators lead between 10-14 parents in weekly sessions that last for approximately 2-2.5 hours each for 12-14 weeks.
- Typically food, childcare, and transportation are provided for each session.
- The parent group facilitators use a variety of methods to build relationships with the parents and lead them in learning positive parenting practices by using:
  - DVD vignettes of parents and their children
  - Discussions
  - Goal setting and problem solving
  - Skills training and practice
  - Group brainstorming to identify social learning principles and effective strategies
  - Role play and behavioral rehearsal
  - Homework assignments including practice and reading
  - Weekly leader phone calls to parents
The *Incredible Years BASIC Parent Program* is based on principles of video modeling, observational learning, rehearsal and practice, self-management, self-reflection, and cognitive self-control.

6. **What kind of training is needed for the *Incredible Years BASIC Parent Program***?  
IYS BASIC Parent Group facilitators are required to participate in three day training days in groups of no more than 25 people at one time.

7. **How much does training cost?**  
Three day workshop held in Seattle, WA:  
$400 plus expenses including travel, lodging, and meals.

Three day workshop held at your site:  
$1500-$2000/day trainer fee plus expenses including travel, lodging, and meals. An additional $\frac{1}{2}$ day travel fee may be added based on your site location and amount of travel time to your site.

For additional information on the costs associated with hosting an IYS BASIC Parent Program training workshop as well as an excel spreadsheet to help sites estimate costs, click on this link: [http://www.incredibleyears.com/WI/hosting_costplanning.asp](http://www.incredibleyears.com/WI/hosting_costplanning.asp).

**PLEASE NOTE:** Due to increased demand for onsite IYS BASIC Parent Program training workshops, it is important to contact Lisa St. George, IYS training coordinator at lisastgeorge@comcast.net or (888) 506-3562 as soon as you know you will need training. Possible training dates may be up to 6-9 months from initial contact.

8. **How does our organization implement the *Incredible Years BASIC Parent Program***?  
Begin by reviewing the link below about launching the *Incredible Years*:

Complete the readiness questionnaire to determine if the *Incredible Years* is a good fit for your organization:

Frequently asked questions about implementing the *Incredible Years* Training Programs:
[http://www.incredibleyears.com/About/faq.asp#Training](http://www.incredibleyears.com/About/faq.asp#Training)

9. **How do I purchase the *Incredible Years BASIC Program***?  
Questions and answers about purchasing the *Incredible Years BASIC Program* can be found at the links below:
[http://www.incredibleyears.com/About/faq.asp#Ordering](http://www.incredibleyears.com/About/faq.asp#Ordering)

Order form for materials:

10. **What *Incredible Years BASIC Parent Program* costs should I budget for?**  
**One-Time Only Initial Cost of Leader Training**

- Initial training costs for 2-3 days depending on program delivered
- Seattle Training: $400 for 3-day and $300 for 2-day training $400 x # of group leaders plus travel costs (transportation, lodging, meals, etc.).  
  *Suggestion: budget $1100-$1500 per leader to be trained in Seattle*
  
  Or,
• On-Site Training: $1500-$2000 per day for trainer x 3-4 days (this will be cost effective if you have more than 8-10 leaders but we don’t always have trainers available) plus travel and hotel expenses, workshop handouts and books, etc.

One-Time Only Initial Program Materials
• See web site and brochure for particular program prices
• Agency or school may purchase one set of tapes to be shared by multiple group leaders (approximately $1000-$1300 per series)
• Leader manuals (leaders will want their own manuals) Cost $150 x # of leaders plus shipping charge.
  Suggestion: budget $1500 per program

Ongoing Consultation
• Hourly rate $150 per hour (suggested 2 hours a month)
• Daily consultation rate for onsite group $1500 (1-day per year), plus expenses
• Videotape review and certification ($400 per leader) x # leaders
• Other videotape reviews – hourly fee $75
  Suggestion: budget $500 per leader, for one year or for first 2 to 3 groups (or ask leaders to pay their own certification fee)

Note: amount of time to prepare for group sessions will be longer for the leaders ’first groups, approximately 4-6 hours is needed for preparation and delivery. By the time the program has been delivered for the third time this preparation time will be minimized considerably and costs will be reduced.

Ongoing Costs for Parent Groups (based on one group of 12 parents)
• Day care for children (3 hours per night per provider x 12 sessions); number of providers will depend on number of children in day care. For 3 providers @ $12 per hour. Approx $1400
• Food for dinners for groups ($80 per group x 12 sessions). Approx $1000
• Group leaders’ time for one group - 5 hours per week x 12 sessions x 2 leaders @ $25 per hour. Approx $3000
• Parent Books $19.95 per parent x 12 = $240
• Magnets (optional) for parents $1 per parent x 12 = $12
• Parent Handouts $10.00 per parent x 12 = $120
• Room for parent group (may be provided at no charge by agency or school)
• Optional: prizes for parents, e.g. children’s books, bubble bath, candles, etc.

The Incredible Years provides a cost planning excel worksheet at the link below to help determine what costs you should budget for when implementing the Basic Parent Program.
http://www.incredibleyears.com/WI/hosting_costplanning.asp

11. What are some common barriers I might encounter with the Incredible Years BASIC Parent Program?
• Training for parent group facilitators needs to be scheduled as soon as possible because the demand for training can cause a wait time and slow down progress of implementation.
• Recruiting parents can be a challenge. In some areas, parents may be mandated to attend the program for various reasons and may not be voluntarily attending the program. Rural areas may struggle to recruit parents that may not have their own transportation or public transportation available to them.
• Arranging childcare for children during the parenting sessions and may take some extra effort depending on the number of children.
• It can be a challenge to keep these parents engaged in the attending the program for the full 12-14 weeks. It is important to achieve positive outcomes to have parents complete as many of the sessions as possible. There are built in supports with the Incredible Years to help with retention.
12. **What evaluation tools should I use?**

Below is the list of evaluation tools recommended by the Penn State EPISCenter to collect the outcomes needed to report to PCCD:

- Parent Practices Interview
- Parent Group Leader Checklist
- Parent Program Weekly Evaluation
- EPISCenter IYS Basic Parent Program Observation Log

The EPISCenter is available to help sites develop an evaluation strategy for the *Incredible Years ADVANCE Parent Program* at (814) 863-2568 or EPISCenter@psu.edu.

13. **In what ways can I involve my local prevention board?**

- Local collaborative boards can play an important role in program development and sustainability. At start-up, present the research behind the Olweus Bullying Prevention and share your local goals for the program.
- Provide board members with a fact sheet and the program’s logic model.
- Help them to understand ways in which they can contribute to the program’s local success.
- Identify potential program champions or community gatekeepers that can help to build relationships that may lead to program support.
- Provide frequent verbal reports on the program’s impact and at least annually provide a written summary of program outcomes.
- Identify board members to become engaged in generating outcome reports and securing sustainability funds.

14. **Are there other sites in PA implementing the Incredible Years BASIC and ADVANCE Parent Programs?**

Please contact Prevention Coordinator Kim Peters to learn where there are other sites implementing the *Incredible Years BASIC and ADVANCE Parent Programs* in Pennsylvania at (814) 863-2214 or kap265@psu.edu.

*Information for this FAQ has been excerpted from the Incredible Years website:*

http://www.incredibleyears.com/index.asp