

# The Incredible Years Intervention: Basic Parent and Dinosaur School Small Group Child Combined

## Proven Outcomes

When these two components were combined, research suggests increased effectiveness for decreasing children's aggressive acting out and oppositional behaviors, and for increasing parents' ability to form quality relationships with their children. (Carolyn Webster-Stratton, M. Jamila Reid, Theodore P. Beauchaine Journal of Clinical Child & Adolescent Psychology Vol. 42, Iss. 2, 2013)

## Population

Children ages four to eight who are experiencing behavior problems at home and/or school and their parents. No more than six children per group.

## Structure

During this 18 - 20 week long program the entire family attends once per week. Families begin by sharing a light meal. Parents then meet privately for parenting lessons, while the identified children simultaneously attend the Incredible Years "Dinosaur School". Siblings are welcomed into childcare. Including the meal, the program runs for approximately two and a half hours.

## Philosophy

Video vignettes and role-plays are used to help parents learn key concepts such as child-led play, limit setting, praise, and positive discipline strategies. Children learn emotion awareness, self management strategies, and problem solving skills by watching vignettes and through stories about Dina Dinosaur, Wally, & Molly (puppets). Parents are then encouraged to take the lead in helping family members practice the skills learned during the group session at home.

## Facilitator & Staff Requirements

- **Basic:** Two trained facilitators are required for the parent group. It is recommended that one facilitator be a Masters Level Clinician.
- **Dinosaur School:** Two trained facilitators are required, must have at least one Masters Level Clinician for this group.
- **Training:** Initial Facilitator Training for each component is three days in length. Follow-up training consultation days and phone calls with the developer are recommended. Regular videotaping of sessions is suggested for reviewing quality of implementation and allowing facilitators to progress toward certification.
- Child Care Providers

## Supplies

- Small Group and Basic Curriculums (Manuals, DVDs, Teaching Materials)
- Two TVs or LCD projectors to show vignettes to children and parents
- Parenting books (one per parent)
- Puppets and supplies for small group activities
- Meals
- Video camera (with good external microphone) and tripod

**For More Information:** [www.episcenter.psu.edu/ebp/incredible](http://www.episcenter.psu.edu/ebp/incredible) or [www.incredibleyears.com](http://www.incredibleyears.com)

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