

Getting Started with the Incredible Years Child Dinosaur School Programs (treatment and classroom versions)



After you have completed your Agency Readiness Questionnaire, determined that you are ready to adopt the Incredible Years Programs, and secured your funding, you can get started learning the programs. The following checklist will help group leaders/therapists know what to do to set up a self-study training regime for learning the program.

* Agency administrators may contact IY to receive an administrator's packet.

Step # 1: Schedule Training Workshops

Contact Lisa St. George at Incredible Years (IY) to plan your training needs. On-site workshops need to be planned 6-9 months in advance. Workshops in Seattle are offered 3 times a year.

IY staff will help answer questions and tailor the type of training according to your needs and the program you have chosen to implement.

Step # 2: Obtain IY Materials and Start Self-directed Peer Group Study

As soon as you have the materials you can set up your self-study program. You do not need to wait for a workshop to get started learning these programs. In fact, if you have prepared ahead of time and are familiar with the materials you will get more out of the training workshop.

On-going Self-Study Peer Group Study involves the following:

- ___ Set up weekly self-study meetings with co-leader and other staff who will be involved in delivering the IY child program.
- ___ Review the leader manual introductory materials.
For Classroom Dinosaur Leaders/Teachers -Book One of the 5 Books.
For Small Group Dinosaur Therapists -the Introductory sections of the Leader's Manual.
- ___ Read overview chapters
Classroom Dinosaur Leaders/Teachers- Chapter on web site:
www.incredibleyears.com
Webster-Stratton, C., & Reid, M. J. (2004). Strengthening social and emotional competence in young children—The foundation for early school readiness and success: Incredible Years Classroom Social Skills and Problem-Solving Curriculum. *Journal of Infants and Young Children, 17*(2).

Small Group Dinosaur Therapists- Chapter on web site:

www.incredibleyears.com

Webster-Stratton, C., & Reid, M. J. (2003). Treating conduct problems and strengthening social emotional competence in young children (ages 4-8 years): The Dina Dinosaur treatment program. *Journal of Emotional and Behavioral Disorders*, 11(3), 130-143.

- **View sample videotape of actual child group sessions in your self-study meeting.** This will give you an idea of how the group operates, the leader's role and how the videotapes are used to stimulate discussion.
For Classroom Dinosaur Group Leaders: View One Sample Videotape of Classroom Lesson
If you are a preschool teacher view How to Implement Dina in Preschool (purple label) video #1 or, for teachers of early school age children view How to Implement Dina in Primary grades (orange label) video number one, part two.
For Small Group Dinosaur Group Leaders: View Session One Videotape of Opening Session.
Note: Only view one of these tapes at this point.

- **Start by following the manual of the first session/lesson (Unit 1) and reviewing videotapes**
If you are doing this in a group, take turns practicing leading the group (others pretend to be children), showing the videotapes and asking questions. Practice using the puppets to become comfortable with using them.

- **At each meeting select the next session/lesson to study.**
You might want to select a different person to plan to be prepared and present specified vignettes each week.

- **To prepare for each meeting, read the accompanying chapter in the book *How to Promote Children's Social and Emotional Competence*.***
Eg., before reviewing Feelings Unit, read chapter 11 on Helping Students Handle their Emotions in the book.

- **At your self-study meetings practice being leader with others taking the role of children to try out vignettes, questions and role plays.**
This will give you experience and more comfort with the materials.

Please note that steps 3 and 4 should be done simultaneously.

Step # 3: Start a Pilot Group

- _____ Begin a pilot child group, or, partner with a teacher to offer some lessons in a classroom.
- _____ Continue to meet in your peer review group to consult with each other about progress and to get feedback on your lessons/sessions.
- _____ Videotape your group session for self-study. Use the Collaborative Group Process Checklist when you view your tape.

Step # 4: View Sample Lessons/Session Tapes

- _____ After you have done some of your own sessions/lessons, viewing the videotapes of the sample lessons/sessions will be helpful in giving you new ideas about strategies to engage children, manage off-task behavior, or respond to behavior problems.
- _____ Show your own session videotapes to your peers for review.

Step # 5: Attend Training

At some point during these steps you will attend your training. This may be delivered in your site or in Seattle. The more you understand the program ahead of training the more you will get out of it.

Step # 6 : Obtain Consultation and Supervision

Once you have started doing groups and have done some self-evaluations of your group tapes using the Collaborative Group Process Checklist you may request consultation from an IY mentor or trainer on one of your tapes of your group.

Consultation Workshops given by IY trainers may be requested by your agency or may be obtained in Seattle.

Step #7 : Become Certified/Accredited See certification information on web site.

PLEASE NOTE: We highly recommend that you have reviewed the Incredible Years Classroom Management Training Series prior to doing the Dinosaur Program.

Materials Needed:

For Preschool Teachers:

- Preschool Curriculum including 5 teacher manuals, childrens' books, videotapes and materials for delivering Preschool and Year One Lessons*
- Set of How to Implement Dina & Sample Preschool Lesson Videotapes (purple labels)**
Strategies to Promote Problem-Solving and Anger Management, Part one: Presenting and Practicing
Strategies to Promote Problem-Solving and Anger Management, Part two: Promoting
Strategies to Promote Social Skills: "A typical day"
Sample Year One Lessons: Problem Solving and Anger Management
- Emotional Regulation tape**

For Primary Grade Teachers:

- Primary Grade Curriculum including 5 teacher manuals, childrens' books, videotapes and materials for Year One and Year Two Lessons*
- Set of How to Implement Dina curriculum in Primary grades & Sample Classroom Lesson Videotapes (orange labels)**
How to Implement Dina Classroom Curriculum in Primary Grades:
Part one: Understanding and Detecting Feelings &
Part two: Dina Dinosaur Teaches how to do your Best in School
Part three: Detective Wally Teaches Problem Solving Steps
Part four: Tiny Turtle Teaches Anger Management
Part five: Molly Manners Teaches how to be Friendly

Sample Lesson Plan videos for Primary Grades:

Sample Year one lessons: Problem Solving and Anger Management
Sample Year two lessons: Problem Solving Part one
Sample Year two lessons: Problem Solving Part two
Sample Year two lessons: Friendship

For Therapists:

- Therapists' Manual, books, videotapes and materials for doing small group treatment program*
- Set of Sample Sessions of Small Group Therapy** (available December 2004)
- Includes everything you need to deliver the programs.
- ** these "how to" tapes show therapists and teachers actually delivering the programs in classrooms or small groups. They are very helpful for self-study and learning to implement the programs.