

## Summary of Programmes and their Evaluation

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Children from the Reception Class in School A took part in the DINA Programme (Webster-Stratton). 16 sessions were held in total, with each session lasting about an hour a week.

Three of the six programmes were covered which included, 'Making friends and Learning School Rules', 'How to do your Best in School', and 'Understanding and Detecting Feelings'.

The programme had some initial problems which resulted in the class splitting into two. Both of these groups however, still experienced the same content and delivery style.

The SDQ results from the Class Programme showed positive improvements in all categories of behaviours. Collectively, the 'Peer' category showed quite a significant percentage reduction whilst the other SDQ categories showed some good reductions.

A corresponding Parent Programme ran alongside this Classroom Programme. This took place from 11 November 2005 to 17 February 2006, with 9 sessions being held in total (unable to deliver complete course). Parents covered 3 programmes which included, 'Play', 'Praise and Rewards' and 'Effective Limit Setting'.

Five children from the Reception Class had parents who attended the Parent Course. These children's SDQ scores were then extracted from the rest of the class in order to see if the corresponding Parent Course helped further improve children's behaviours in school.

**The results from the children, whose parents attended the Parent Course, showed far greater improvements in child behaviours when compared to children whose parents did not take part in the corresponding Parent Course.** Far greater percentage reductions were seen in Conduct, hyperactivity, emotional and peer categories (whilst 'Pro-Social' behaviours in comparison saw only a slight further improvement).