

# The Incredible Years Parents & Toddlers Program Objectives

## Part 1: Child-Directed Play Promotes Positive Relationships

- Understanding the value of showing attention and appreciation as a way of increasing positive child behaviors
- Understanding the importance of showing joy with toddlers through songs and games
- Understanding how to promote imaginary and pretend play
- Learning how to be child-directed and understanding its value for children
- Learning how to end play successfully with toddlers
- Learning about toddlers' developmental needs and milestones
- Learning about the “modeling” principle
- Balancing power between parents and children
- Building children's self-esteem and creativity through child-directed play
- Understanding the “attention rule”



## Part 2: Promoting Toddler's Language with Child-Directed Coaching

- Understanding how to model and prompt language development
- Learning how to coach preschool readiness skills
- Learning about “descriptive commenting” and child-directed coaching
- Learning about “persistence coaching” to build children's ability to be focused, calm and to persist with an activity
- Learning about the “modeling principle”
- Understanding how to promote pre-reading and pre-writing readiness skills
- Learning how to use “descriptive commenting”
- Appreciating differences in children's developmental abilities and temperament

## Part 3: Social and Emotional Coaching

- Understanding how to use emotion coaching to build children's emotional vocabulary and encourage their expression of feelings.
- Understanding how to prompt social coaching to encourage children's social skills such as sharing, being respectful, waiting, asking, taking turns, etc.
- Learning the “modeling principle”—by parents avoiding the use of critical statements and demands and substituting positive polite language, children learn more positive communication
- Understanding how to coach sibling and peer play using modeling, prompting and praise to encourage social skills
- Learning how to apply coaching principles in other settings such as mealtimes, bath time, and grocery store trips

## **Part 4: The Art of Praise and Encouragement**

- Labeling praise
- “Give to get” principle—for adults and children
- Attending to learning “process,” not only end results
- Modeling self-praise
- Resistance to praise—the difficulties giving and accepting praise
- Promoting positive self-talk
- Using specific encouraging statements versus nonspecific
- Gaining and feeling support through praise
- How to deal with children who reject praise
- Avoiding praising only perfection
- Recognizing social and academic behaviors that need praise
- Building children’s self-esteem through praise and encouragement

## **Part 5: Spontaneous Incentives for Toddlers**

- Shaping behaviors in the direction you want—“small steps”
- Clearly identifying positive behavior
- Rewards are a temporary measure leading to child’s competence
- What will reinforce one child will not necessarily reinforce another
- Value of unexpected and spontaneous rewards
- Recognizing the “first-then” principle
- Designing programs that are realistic and developmentally appropriate
- Understanding how to set up programs for problems such as dressing, compliance, sharing, eating, going to bed, toilet training and gentle animal care
- Importance of reinforcing oneself, teachers, and others

## **Part 6: Handling Separations and Reunions**

- Establishing clear and predictable routines for separating from children
- Establishing routines for greeting children after being away from them
- Understanding object and person permanence
- Providing adequate monitoring at all times
- Understanding how peek-a-boo games help children
- Understanding how predictable routines for bedtime and schedules help children feel secure and safe
- Completing the toddler-proofing home safety checklist

## **Part 7: Positive Discipline – Effective Limit Setting**

- Reduce number of commands to only necessary commands
- Learning about the importance of distractions and redirections
- Understanding the value of giving children some choice
- Politeness principle and modeling respect
- Clear and predictable household rules offer children safety and reduce misbehaviors

- “Monitoring Principle”: Rules should be set up regarding how children will let parents know where they are, who they are with, and what they are doing.
- All children will test rules—don’t take it personally
- Commands should be clear, brief, respectful, and action oriented
- “When-then” commands can be effective
- Distractible children need warnings and reminders

### **Part 8: Positive Discipline - Handling Misbehavior**

- Understanding how to use distractions and redirections coupled with ignore
- Parents maintaining self-control using calm-down strategies and positive self-talk
- Repeated learning trials—negative behavior is a signal child needs some new learning
- Using the ignore technique consistently and appropriately
- Using ignore for selected behaviors such as whining, tantrums
- Knowing how to help toddlers practice calming down
- Know how to handle children who hit or bite
- Understanding the importance of parents finding support