

Table 1: Content and Objectives of the Incredible Years Teacher Training Program (Ages 4-10)

Content	Objectives
Program One: The Importance of Teacher Attention, Encouragement, and Praise	<ul style="list-style-type: none">• Using praise and encouragement more effectively.• Building children's self-esteem and self-confidence by teaching children how to praise themselves.• Understanding the importance of general praise to the whole group as well as individual praise.• Knowing the importance of praising social and academic behaviors.• Recognizing common traps.• Using physical warmth as a reinforcer.• Providing nonverbal cues of appreciation.• Doubling the impact of praise by involving other school personnel and parents.• Helping children learn how to praise others and enjoy others' achievements.
Program Two: Motivating Children Through Incentives	<ul style="list-style-type: none">• Understanding why incentives are valuable teaching strategies for children with behavior problems.• Understanding ways to use an incentive program for social problems such as noncompliance, inattentiveness, uncooperativeness, and hyperactivity as well as for academic problems.• Setting up individual incentive programs for particular children.• Using group or classroom incentives.• Designing programs that have variety and build on the positive relationship between the teacher, child, and parent.• Using incentives in a way that fosters the child's internal motivation and focuses on the process of learning rather than the end product.• Providing unexpected rewards.• Appreciating the importance of involving parents in incentive programs.
Program Three: Preventing Behavior Problems—The Proactive Teacher	<ul style="list-style-type: none">• Preparing children for transitions.• Establishing clear, predictable classroom rules.• Using guidelines for giving effective commands or instructions.• Identifying unclear, vague, and negative commands.• Understanding the value of warnings and helpful reminders, especially for distractible and impulsive children.• Engaging children's attention.• Using nonverbal signals and cues for communication.• Recognizing the need for ongoing monitoring and positive attention.
Program Four: Decreasing Students' Inappropriate Behavior	<ul style="list-style-type: none">• Knowing how to redirect and engage children.• Knowing how and when to ignore inappropriate responses from children.• Using verbal and nonverbal cues to reengage off-task children.• Understanding the importance of reminders and warnings.• Using guidelines for setting up Time Out in the classroom.• Avoiding common mistakes in using Time Out.• Handling common misbehaviors such as impulsivity, disengagement, noncompliance, tantrums, and disruptive behaviors.• Using the color cards system.• Recognizing when to use logical consequences or removal of privileges as discipline.

Table 1 Continued

Content	Objectives
Program Five: Building Positive Relationships With Students	<ul style="list-style-type: none">• Building positive relationships with difficult students.• Showing students you trust and believe in them.• Fostering students' sense of responsibility for the classroom and their involvement in other students' learning as well as their own.• Giving students choices when possible.• Teaching students how to ask for what they want in appropriate ways.• Fostering listening and speaking skills between students.• Teaching students how to problem solve through role-plays and examples.• Promoting positive self-talk.• Implementing strategies to counter students' negative attributions.• Promoting positive relationships with students' parents.