



## **Webster-Stratton Incredible Years School Age and Advanced Parenting Consultation Days (8-12 year olds)**

**Note:** If participants have used the School-Age curriculum (programs 8-10) then they may participate in the regular 1-day advance training. If they have only used the Preschool Version of BASIC, it is recommended they participate in 2-days of training following the authorized 3-day Parent Training.

**Participants in this training will each be assigned one of the sessions (in advance of the training) to prepare and present to the group.**

### **Morning**

#### **Opening Introductions**

Participant introductions, experience of using Basic Preschool and School Age Parenting programmes and goals.

#### **Brainstorm Key Principles**

Review principles underlying the Incredible Years Parenting Programmes and introduction to the Relationship Pyramid and goals of the Advanced and School Programmes.

Review of the 8-12 year old sessions.

#### *Sessions One and Two: Parental Attention and Special Time*

Brainstorm – opportunities for special time with 8-12 year olds

Show Program 9 Vignette 7, page 177 and lead discussion.

#### *Session Three and Four: Using Tangible Rewards to Motivate Your Child*

Brainstorm – behaviors to praise in 8-12 year olds (“Buzz”)

Brainstorm – rewards for 8-12 year olds

Show Program 9 Vignette 20, page 246 and lead discussion with practice.

#### *Session Five: Supporting Your Child’s Education*

Brainstorm – ways to support children’s homework success

Show Program 8 Vignette 24, 25, page 553 and lead discussion with practice.

#### *Session Six: Predictable Learning Routines and Clear Limit Setting*

Brainstorm – ways to set up a predictable learning routine

Show Program 8 Vignette 13, 14, page 514 and lead discussion with practice.

#### *Session Seven and Eight: Ignoring, Time Out and Other Consequences*

Brainstorm – behaviors to ignore in 8-12 year olds

Brainstorm – consequences for 8-12 year olds (time out and loss of privileges)

Show Program 10 Vignette 24, page 362 and lead discussion with practice.

#### *Session Nine: Other Consequences*

Brainstorm – work chores for 8-12 year olds

Show Program 10, Vignettes 28, 30 page 391 and lead discussion with practice.

*Session Ten: Listening Attentively and Speaking Up.*

Brainstorm – benefits and barriers of listening to what the other person is saying

Show Program 5 Vignette one, page 135 and lead discussion with practice.

Show Program 5 Vignette five, page 141 and lead brainstorm and practice.

*Session Eleven: Personal Self-Control – Anger and Depression Management*

Brainstorm – strategies for staying calm (use thermometers)

Show Program 5 Vignettes 13, 14, page 180 and lead discussion

Show Program 5 Vignette 15 and do a practice with changing and challenging negative self-talk.

*Session Twelve: Giving and Getting Support.*

Brainstorm – ways to get support and provide self-care

Show Program 5 Vignettes 40, 41 and lead discussion and practice.

Show Program 5 Vignette 43 first segment and lead discussion.

*Session Thirteen: Problem solving for Adults*

Brainstorm – advantages of problem solving

Show Program 6 Vignettes 2-5, pages 264 - 270.

Show Program 6 Vignettes 12-14 or 15-17 (if time) pages 286-289

*Session Fourteen: Problem solving with Teachers.*

Brainstorm – advantages and barriers to collaborating with teachers

Show Program 8 Vignette 29, pages 573-577

Practice/role play new scripted scenarios for 8-12 year olds

*Session Fifteen: Problem solving with Children*

Brainstorm – list of problems that lend themselves to problem solving

Show Program 10 Vignette 32,33,38

Practice/role play problem solving one of the problems on the list

*Session Sixteen: Problem solving with Children and Family Meetings*

Brainstorm –barriers to problem solving with children or family meetings

Show Program 10 Vignette 39 or 40 page 426, or Program 7 Vignettes 8,9 page 392

Practice/role play problem solving one of the problems on the list

*Session Seventeen: Special Problems*

Brainstorm –barriers to problem solving with children or family meetings

Show Program 10 Vignette 41, 450 page 450,

Practice/role play problem solving one of the problems on the list (family meeting to plan fun, or family meeting to talk about drug use)

\*Show Program 10 Vignette 43 (remainder of segment)

**Review of the day.**

