



**Incredible Years®**  
**Parent Programme Satisfaction Questionnaire**  
**Babies Programme (British version)**

(Hand out at end of the programme)

Participant's Name \_\_\_\_\_ Date \_\_\_\_\_

Attending Partner's Name \_\_\_\_\_

The following questionnaire is part of our evaluation of the Incredible Years parenting programme that you have received. It is important that you answer as honestly as possible. The information obtained will help us to evaluate and continually improve the programme we offer. Your cooperation is greatly appreciated. All responses will be strictly confidential and will not be shared with group leaders.

**A. The Overall Programme**

Please circle the response that best expresses how you honestly feel at this point.

1. The bonding that I feel with my baby since I took this programme is

considerably worse      worse      slightly worse      the same      slightly improved      improved      greatly improved

2. My baby's bonding with me since I started this programme is

considerably worse      worse      slightly worse      the same      slightly improved      improved      greatly improved

3. How do you feel about your baby's social, emotional and physical developmental progress?

very dissatisfied      dissatisfied      slightly dissatisfied      neutral      slightly satisfied      satisfied      greatly satisfied

4. To what degree has the Incredible Years® parenting programme helped with other personal or family problems not directly related to your baby (for example, your feelings of support in general)?

made things much worse      made things worse      made things slightly worse      made no difference      helped slightly      helped      helped very much

5. My expectation for good results from the Incredible Years baby programme is

very unlikely      unlikely      slightly unlikely      neutral      slightly likely      likely      very likely

6. I feel that the approaches used to enhance my baby's development and language (for example, speaking Parentese) in this programme are

very unsuitable      unsuitable      slightly unsuitable      neutral      slightly suitable      suitable      greatly suitable

7. Would you recommend the Incredible Years programme to a friend or relative with a baby?

strongly would not recommend      would not recommend      slightly would not recommend      neutral      slightly would recommend      would recommend      strongly would recommend

8. How confident are you in parenting your baby at this time?

very unconfident      unconfident      slightly unconfident      neutral      slightly confident      confident      very confident

9. How confident are you in your ability to provide physical, tactile and visual stimulation at this time?

very unconfident      unconfident      slightly unconfident      neutral      slightly confident      confident      very confident

10. My overall feelings about achieving my goals in this programme for my baby are

very negative      negative      slightly negative      neutral      slightly positive      positive      very positive

## ***B. Incredible Years Teaching Format/Methods***

### ***Usefulness***

In this section, we would like you to indicate how useful each of the following types of methods used to deliver this programme is for you *now*. Please circle the response that most clearly describes your opinion.

1. Content of information presented was

extremely useless      useless      slightly useless      neutral      somewhat useful      useful      extremely useful

2. Demonstration of parenting skills through the use of video vignettes was

extremely useless      useless      slightly useless      neutral      somewhat useful      useful      extremely useful

3. Group discussion, sharing and support from other parents during this programme was

extremely  
useless      useless      slightly  
useless      neutral      somewhat  
useful      useful      extremely  
useful

4. Practicing the approaches I learned in the group session was

extremely  
useless      useless      slightly  
useless      neutral      somewhat  
useful      useful      extremely  
useful

5. I found the “buddy calls” to be

extremely  
useless      useless      slightly  
useless      neutral      somewhat  
useful      useful      extremely  
useful

6. The “baby-proof safety checklist” and “things I can do” journal was

extremely  
useless      useless      slightly  
useless      neutral      somewhat  
useful      useful      extremely  
useful

7. Practicing things I learned at home with my baby was

extremely  
useless      useless      slightly  
useless      neutral      somewhat  
useful      useful      extremely  
useful

8. Weekly handouts (e.g., refrigerator notes) were

extremely  
useless      useless      slightly  
useless      neutral      somewhat  
useful      useful      extremely  
useful

9. Phone calls from the group leaders were

extremely  
useless      useless      slightly  
useless      neutral      somewhat  
useful      useful      extremely  
useful

### ***C. Specific Parenting Techniques/Topics***

#### ***Usefulness***

In this section, we would like you to indicate how useful each of the following topics and techniques are in improving your interactions with your baby. Please circle the response that most accurately describes the usefulness of the content or techniques. Leave the question blank if you did not attend the session.

1. Information about baby’s development and developmental milestones

extremely  
useless      useless      slightly  
useless      neutral      somewhat  
useful      useful      extremely  
useful

## 2. Providing Physical, Tactile and Visual Stimulation (e.g., baby massage, games, exercises)

extremely useless	useless	slightly useless	neutral	somewhat useful	useful	extremely useful
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## 3. Promoting Baby Language and Brain Development (e.g, speaking “parent-ese”)

extremely useless	useless	slightly useless	neutral	somewhat useful	useful	extremely useful
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## 4. Child-Directed Play Interactions (e.g., reading babies’ cues)

extremely useless	useless	slightly useless	neutral	somewhat useful	useful	extremely useful
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## 5. Descriptive Commenting/Social and Emotion Coaching

extremely useless	useless	slightly useless	neutral	somewhat useful	useful	extremely useful
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## 6. Helping Babies Feel Loved, Safe and Secure

extremely useless	useless	slightly useless	neutral	somewhat useful	useful	extremely useful
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## 7. Singing to Babies

extremely useless	useless	slightly useless	neutral	somewhat useful	useful	extremely useful
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## 8. Flexibility in Routines and Transition to Predictable Daily Schedules

extremely useless	useless	slightly useless	neutral	somewhat useful	useful	extremely useful
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## 9. Gaining Support and Importance of Parental Self-Care

extremely useless	useless	slightly useless	neutral	somewhat useful	useful	extremely useful
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## 10. Knowing How to Respond to a Baby’s Crying and Strategies for Staying Calm

extremely useless	useless	slightly useless	neutral	somewhat useful	useful	extremely useful
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### 11. Introducing Books to Babies

extremely useless	useless	slightly useless	neutral	somewhat useful	useful	extremely useful
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### 12. Assuring a Baby-proofed Home

extremely useless	useless	slightly useless	neutral	somewhat useful	useful	extremely useful
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### 13. This Overall Group of Techniques

extremely useless	useless	slightly useless	neutral	somewhat useful	useful	extremely useful
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## ***D. Evaluation of Incredible Years Parent Group Leader(s)***

In this section we would like you to express your opinions about your group leader(s). Please circle the response to each question that best describes how you feel.

Group Leader #1 \_\_\_\_\_

(name)

1. I feel that the group leader's teaching and leading of group discussions was

very poor	poor	below average	average	above average	very good	excellent
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2. The group leader's preparation was

very poor	poor	below average	average	above average	very good	excellent
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3. Concerning the group leader's interest and concern in me and my baby, I was

very dissatisfied	dissatisfied	below average	average	slightly satisfied	satisfied	extremely satisfied
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4. At this point, I feel that the group leader in the programme was

extremely unhelpful	unhelpful	slightly unhelpful	neutral	slightly helpful	helpful	extremely helpful
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5. Concerning my personal feelings toward the group leader, I

dislike him/ her very much	dislike him/ her	dislike him/ her slightly	have a neutral attitude toward him/ her	like him/her slightly	like him/her	like him/her very much
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If more than one group leader was involved in your programme, please fill in the following. (Go to Section E if only one leader was involved.)

Group Leader #2 \_\_\_\_\_  
(name)

1. I feel that the group leader's teaching and facilitation of group discussion was

very poor	poor	below average	average	above average	very good	excellent
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2. The group leader's preparation was

very poor	poor	below average	average	above average	very good	excellent
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3. Concerning the group leader's interest and concern in me and my baby, I was

very dissatisfied	dissatisfied	slightly dissatisfied	average	slightly satisfied	satisfied	extremely satisfied
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4. At this point, I feel that the group leader in the programme was

extremely unhelpful	unhelpful	slightly unhelpful	neutral	slightly helpful	helpful	extremely helpful
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5. Concerning my personal feelings toward the group leader, I

dislike him/ her very much	dislike him/ her	dislike him/ her slightly	have a neutral attitude toward him/ her	like him/her slightly	like him/her	like him/her very much
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## ***E. Overall Programme Evaluation***

1. Which parts of the programme were most helpful to you?

2. What did you like most about the programme?

3. What did you like least about the programme?

4. How could the programme have been improved to help you more?

## ***F. Practical Considerations***

1a. How many sessions of the 10-week programme did you attend?

1-2

3-4

5-6

7-8

9-10

b. If you attended less than half of the sessions, why was this?

2a. Was the location of the sessions convenient for you?

Yes

No

b. How did you travel to the group sessions?

Walked

Public transport

Drove myself

Someone else  
drove me  
(friend/family)

Taxi

Transport  
provided by the  
programme

3a. Did you need child care to enable you to attend the group sessions?

Yes

No

b. Did you use the crèche provided for the parents on this programme?

Yes

No

4. The number of group sessions was:

Far too few

Slightly too few

Just right

Slightly too many

Far too many

5. The length of the group sessions was:

Far too short

Slightly too short

Just right

Slightly too long

Far too long

6a. Was the time of day that the group sessions were held suitable for you?

Yes

No

b. If no, what would have been a better time for you?

7a. Did you attend the Incredible Years Toddler group programme?

Yes

No