The Incredible Years® Babies and Toddlers Programs
Programmes developed by Carolyn Webster-Stratton, Ph.D., M.S.N., M.P.H., Professor Emeritus University of Washington.

Logic Model created by the E-SEE Study process evaluation team and Prof Carolyn Webster-Stratton

Program Components

- Incredible Babies Program (from birth to 12 months)
  - 9-12 Weekly Parent Training Groups
- Incredible Toddlers Program (from 12 to 36 months)
  - 12-14 Weekly Parent Training Groups

Targets

- Decrease Risk Factors
- Increase Protective Factors

Proximal (Short-term) Outcomes

- Ability to Provide Optimal Emotional, Physical, Tactile, Visual, and Language, Stimulation and Nutritional Needs

Distal (Long-term) Outcomes

- Improved Child Social and Emotional Well-being
- Improved Child Language, Cognitive, Emotional and Physical Development

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The Incredible Years® Babies Program
Program developed by Carolyn Webster-Stratton, Ph.D., M.S.N., M.P.H., Professor Emeritus University of Washington.

Program Description and Goals
- Targeted Risk and Protective Factors
  - Malleable risk factors are targeted for a decrease. Protective factors, which exert a positive influence and buffer against negative outcomes, are targeted for an increase.
- Proximal (Short-term) Outcomes
  - Targeted outcomes that the program is hypothesised to impact immediately following program completion.
- Distal (Long-term) Outcomes
  - Outcomes that the program is hypothesised to impact at long term follow-up.

Risk Factors
- Ineffective, neglectful and harsh parenting skills
- Low sensitivity and responsiveness
- Lack of appropriate physical, tactile, visual and language stimulation for baby
- Numerous stressors (negative life events, socio-economic disadvantage, marital conflict and social isolation)
- Child biological factors (e.g. developmental language delays)

Protective Factors
- Positive, nurturing, and developmentally appropriate parenting skills
- Parent support for child social, emotional, physical and language development
- Parent support networks
- Parent effective communication skills, anger management, and problem solving
- Safe home environment

Improved Parenting
- Increased positive interactions and positive attachment with child (e.g. nurturing, responsive, with appropriate physical, tactile, visual and positive language interactions)
- Increased monitoring of children, flexible routines and safety proofing
- Reductions in parental stress, depression and anger
- Increased parent confidence
- Increased parent support systems
- Increased positive family communication and problem solving

Improved child emotions/behavior at home
- Enhanced emotional self-regulation (reduced crying/fussiness)
- Developing sense of self: greater exploration and discovery
- Increased language, cognitive and social development, and responsiveness to parent
- Reduced separation anxiety

Improved Physical, Social, Emotional, Language and Cognitive Development
- Secure attachment
- Language and cognitive development
- Social competence
- Decreased Attachment Disorder

Program Modalities
Specific strategies, methods, and techniques are used to accomplish the program goals.

Training
Facilitators attend 3-day training

Frequency and Duration (Dose)
9-12 weekly 2-hour sessions delivered to groups of 6-10 parents of babies – beginning at one to six months of age

Goals
To enhance:
- Positive, responsive, confident parent-baby interactions
- Secure attachment with children
- Optimal growth and development

IY collaborative process and principles
Goal Setting and Self-Monitoring
Narrative commentary, social and emotional coaching
Video Modelling (mediated)
Role Play and Behavioral Practice with baby in session
Group Support, Discussion and Problem Solving
Take home Practice and Reading Assignments

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