



Getting Started with Learning the Incredible Years® Child Dinosaur School Programs

(small group treatment and classroom prevention versions)

After you have completed your Agency Readiness Questionnaire, determined that you are ready to adopt the Incredible Years Programs, and secured your funding, you can get started learning the programs. The following checklist will help group leaders/therapists know what to do to set up a self-study training regime for learning the program, either before accessing training or as a guide following training before you begin groups.

- **Agency administrators may contact IY to receive an administrator’s packet.**

| | |
|---|---|
| Step # 1: Schedule Training Workshops | <p>Contact Lisa St. George at Incredible Years (IY) to plan your training needs. On-site workshops need to be planned 6-9 months in advance. Workshops in Seattle are offered 1 to 3 times per year, depending on demand. IY staff will help answer questions and tailor the type of training according to your needs and the program you have chosen to implement.</p> |
| Step # 2: Obtain IY Materials and Start Self-directed Peer Group Study | <p>As soon as you have the materials you can set up your self-study program. You do not need to wait for a workshop to get started learning these programs. In fact, if you have prepared ahead of time and are familiar with the materials you will get more out of the training workshop.</p> |
| <p>On-going Self-Study Peer Group Study involves the following:</p> <p>___ Set up weekly self-study meetings with co-leader and other staff who will be involved in delivering the IY child program.</p> <p>___ Review the leader manual introductory materials. For Classroom Dinosaur Leaders/Teachers – Overview Manual (Book 1 of the 5 Books). For Small Group Dinosaur Therapists -the Introductory sections of the Leader’s Manual.</p> | |

— Read overview chapters

Classroom Dinosaur Leaders/Teachers- Chapter on web site:

www.incredibleyears.com

Webster-Stratton, C., & Reid, M.J. (2004). Strengthening social and emotional competence in young children—The foundation for early school readiness and success: Incredible Years Classroom Social Skills and Problem-Solving Curriculum. *Journal of Infants and Young Children*, 17(2).

Small Group Dinosaur Therapists- Chapter on web site:

www.incredibleyears.com

Webster-Stratton, C., & Reid, M.J. (2003). Treating conduct problems and strengthening social emotional competence in young children (ages 4-8 years): The Dina Dinosaur treatment program. *Journal of Emotional and Behavioral Disorders*, 11(3), 130-143.

— View sample DVDs of actual child group sessions in your self-study meeting. This will give you an idea of how the group operates, the leader's role and how the vignettes or DVDs are used to stimulate discussion.

For Classroom Dinosaur Group Leaders: View One Sample DVD of Classroom Lesson If you are a preschool teacher view How to Implement Dina in Preschool (purple label) DVD #1 or, for teachers of early school age children view How to Implement Dina in Primary grades (orange label) DVD number one, part two.

For Small Group Dinosaur Group Leaders: View Session One DVD of Opening Session.

Note: Only view one of these DVDs at this point. These DVDs are purchased separately from the curriculum and can be ordered through The Incredible Years.

— Start by following the manual of the first session/lesson (Unit 1) and reviewing DVDs. If you are doing this in a group, take turns practicing leading the group (others pretend to be children), showing the vignettes and asking questions. Practice using the puppets to become comfortable with using them.

— At each meeting select the next program section to study.

Choosing a different person to be prepared to lead and present specified vignettes each week can be helpful.

— To prepare for each meeting, read the accompanying chapter in the book *Incredible Teachers: Nurturing Children's Social, Emotional and Academic Competence*.

Eg., before reviewing Feelings Unit, read chapter 11 on *Helping Students Learn to Handle their Emotions* in the book, or read chapter 12, *Teaching Students to Problem Solve*, before the problem solving unit.

_____ At your self-study meetings practice being leader with others taking the role of children to try out vignettes, questions and role plays. This will give you experience and more comfort with the materials.

Please note that steps 3 and 4 should be done simultaneously.

Step # 3: Start a Pilot Group

- _____ Begin a pilot child small group, or begin lessons in a classroom.
- _____ Continue to meet in your peer review group to consult with each other about progress and to get feedback on your lessons/sessions.
- _____ Video your group session for self-study. Use the *Collaborative Group Process Checklist* to reflect when you view your video.

Step # 4: View Sample Lessons/Session DVDs

- _____ After you have done some of your own sessions/lessons, viewing the DVDs of the sample lessons/sessions will be helpful in giving you new ideas about strategies to engage children, manage off-task behavior, or respond to behavior problems.
- _____ Show your own session DVDs to your peers for review.

Step #5: Attend Training

At some point during these steps you will attend your training. This may be delivered at your site or in Seattle. The more you understand the program ahead of training the more you will get out of it.

Step #6: Obtain Consultation and Supervision

Once you have started doing groups and have done some self-evaluations of your group DVDs or video footage using the *Collaborative Group Process Checklist*, you may request consultation from an IY mentor or trainer on one of your DVDs of your group.

Consultation Workshops given by authorized IY trainers or mentors may be requested by your agency or may be obtained in Seattle.

Step #7: Become Certified/Accredited. See certification information on web site.

PLEASE NOTE: We highly recommend that you have reviewed the Incredible Years Teacher Classroom Management Training Series prior to doing the Dinosaur Program and read the book, *Incredible Teachers: Nurturing Children's Social, Emotional and Academic Competence*.

Materials Needed:

For Preschool Teachers:

- Preschool Curriculum including 5 teacher manuals, children's books, DVDs (3) and materials for delivering Level 1 (ages 3-4) and Level 2 (ages 5-6) Lessons*
- Set of How to Implement Dina & Sample Preschool Lesson DVDs (purple labels)**
 - Strategies to Promote Problem-Solving and Anger Management,
Part one: Presenting and Practicing
 - Strategies to Promote Problem-Solving and Anger Management,
Part two: Promoting
 - Strategies to Promote Social Skills: "A typical day"
 - Sample Year One Lessons: Problem Solving and Anger Management
- Emotional Regulation DVD**

For Primary Grade Teachers:

- Primary Grade Curriculum including 5 teacher manuals, children's books, DVDs (3) and materials for Level 2 (ages 5-6) and Level 3 (ages 7-8) Lessons*
 - Set of How to Implement Dina curriculum in Primary grades & Sample Classroom Lesson DVDs (orange labels)**
 - How to Implement Dina Classroom Curriculum in Primary Grades:
 - Part one: Understanding and Detecting Feelings &
 - Part two: Dina Dinosaur Teaches how to do your Best in School
 - Part three: Detective Wally Teaches Problem Solving Steps
 - Part four: Tiny Turtle Teaches Anger Management
 - Part five: Molly Manners Teaches how to be Friendly
- Sample Lesson Plan DVDs for Primary Grades:
Sample Year one lessons: Problem Solving and Anger Management
Sample Year two lessons: Problem Solving Part one
Sample Year two lessons: Problem Solving Part two
Sample Year two lessons: Friendship

For Therapists:

- Therapists' Manual, books, DVDs (3) and materials for doing small group treatment program*
- Set of Sample Sessions of Small Group Therapy (7 DVDs)**

*Includes basic set of materials to deliver the programs. Puppets are sold separately, and supplemental materials are available to enhance implementation. It is vital that you have puppets that represent children, to model positive behaviors for the children.

** These "how to" videos show therapists and teachers actually delivering the programs in classrooms or small treatment groups. They are very helpful for self-study and learning to implement the programs.

***More information on www.incredibleyears.com**

