The Incredible Years Parent Programs
Program developed by Carolyn Webster-Stratton, Professor and Director of the Parenting Clinic at the University of Washington.

Risk Factors:
- Parent personal/interpersonal problems
- Ineffective parenting skills
- Low monitoring
- Numerous stressors (negative life events, socio-economic disadvantage, and isolation)
- Low parent involvement with schools/teachers
- Child biological factors (developmental delays, ADHD, cognitive, language)

Protective Factors:
- Positive, nurturing, developmentally appropriate parenting skills
- Parent support for child social, emotional and academic development
- Parent support networks
- Parent partnerships with teachers/schools
- Parent effective communication skills, anger management, problem solving

Improved Parenting and Interpersonal Skills:
- Increased parent positive interactions with child (e.g. nurturing, praise, coaching, and attachment)
- Increased effective parental limit-setting, replacing spanking and harsh discipline with non-violent, proactive discipline
- Increased monitoring of children, predictable routines & safety proofing households
- Reductions in parental depression & anger
- Increased parent support systems
- Increased positive family communication & problem solving & collaboration with teachers

Improved child behavior at home:
- Reduced behavior problems in child interactions with parents
- Increases in emotional regulation, social competence, problem solving and compliance with parents

Improved child behavior at school:
- Increased social and emotional competence with peers in classroom
- Increased problem solving
- Reduced behavior problems
- Increased academic readiness, affect, social competence and compliance

Reduced Youth Antisocial Behavior:
- Less aggressive, destructive behavior & conduct disorders
- Less depression
- Less use of drug and alcohol use
- Less likely to drop out of school
- Less criminal activity
- Less pregnancy