

**Incredible Years (IY)**  
**BABY PROGRAM HOME COACHING TRAINING**  
**02/05/15**

*This 2-day training is for those home visitors who have already received the authorized 2-day training in baby parent group program and have had experience delivering the program in group format. It is recommended for IY leaders who are certified/accredited in the baby program.*

*There are 3 options to this training:*

**Option A:** *One day training by accredited mentor in home baby program protocol followed up some months later where IY home visitor coaches bring DVDs of their home coaching visits and share this with peers in consultation model also lead by accredited mentor.*

**Option B:** *One day training in protocol and then submit tape of home coaching visit to Seattle for review and feedback.*

**Option C:** *One day training in protocol followed by second day at same time where participants practice using the home visiting protocol with each other and receive feedback from peers.*

**Trainer/Mentor Name:** \_\_\_\_\_ **Date of Training:** \_\_\_\_\_

**1. Introductions and Background Experiences with IY Program**

\_\_\_\_\_ Buzz (in pairs): Participants share experiences utilizing the IY Baby Parent Program as well as prior experiences doing home visits.

**2. Overview of Agenda and Discussion of Home Visit Parent Coach Role**

\_\_\_\_\_ Overview of early research done using IY self-study version of basic parent program (compared with group discussion and group plus video) and the individual consultation model. Explain rationale for home coaching model.

**3. Brainstorm Skills and Process of Coaching a Parent – Home Coach Role**

\_\_\_\_\_ Buzz (in pairs): key elements of being an effective home parent coach; ask participants what has been helpful about their own mentors or coaches? afterwards share with group and summarize (list on flip chart)

\_\_\_\_\_ Summarize what makes coaching safe from the discussion?

- Collaborative style
- Goal setting- recording goals together one-on-one (use IY idea cards on web)
- Relationship building strategies coaches use with parents
- Supportive feedback
- Promoting self-reflection
- Encouragement and practice
- Praising and rewarding parents (incentives too)
- Coach modelling with babies for parents

- Encourage parents to develop positive supportive systems
- Helping parents with emotional regulation
- Teaching parents how to cope with negative cognitions
- Pacing learning and content according to parents understanding and prior knowledge

\_\_\_\_\_ Powerpoint overview or handouts of the role of a home coach delivery of the program presented.

\_\_\_\_\_ Summarize and define IY Baby Parent Coach (how does it differ from being a sports coach?)

**Definitions:**

*A coach: A parent coach is someone who is learner-centered and supportive, builds on a parents' strengths, observes and monitors their skills and interpersonal processes with children, prompts or models skills/thoughts and self-reflections according to parent goals, sets up behavioral practices and promotes parents use of positive and nurturing parenting styles and effective discipline, and encourages, praises and reinforces parent steps in the right direction.*

*Coaching is a method of teaching and learning that draws on social constructivist learning theory. As such coaching promotes learning that occurs through social interactions involving understanding of learner needs.*

**4. Logistics of Home Visiting (cover the following which are on powerpoint slides)**

- \_\_\_\_\_ Plan in advance best time to visit and who will be present (babies, other children, partners)
- \_\_\_\_\_ Discuss time span for program(60-90 minutes weekly, 8-12 sessions)
- \_\_\_\_\_ Tailor topics and vignettes according to parents needs
- \_\_\_\_\_ Coordinate content and vignettes with group leader (if parent also in IY Baby group)
- \_\_\_\_\_ Calls ahead of time to set up appointment, best time (plan around baby nap time, if possible)
- \_\_\_\_\_ Initially set ground rules (re. drug use, missed appointments, taking care of baby's needs, etc.)
- \_\_\_\_\_ Things to bring on visit: portable computer, DVDs, parent handouts & booklets, parent baby book, baby toys, stickers, baby books, handpuppets protocols guides

**5. Review Schedule for Home Visit (see powerpoint slide)**

- Review of prior week's parent accomplishments with home activities & goals
- Agenda setting for meeting & explanation of how new topic addresses goals
- Choosing vignettes to be shown (4-5 per visit)

- Planned activities for parents' to do with their infants during the visit that foster brain development
- Review reading and practice assignments for parents
- Summarizing parent strengths
- Determining next week's goals using self-monitoring checklist
- Complete evaluation and set date for next visit

**\*Try to be here by morning break.**

#### **6. First Home Visit- Goals, Building Blocks, Program Structure**

- \_\_\_ Buzz parent hopes and dreams for their babies in dyads
- \_\_\_ Practice goal setting in dyads & debrief (mentor/ trainer can demonstrate this first if needed)
- \_\_\_ Review the Building Blocks poster and program structure
- \_\_\_ Practice in dyads explaining IY building blocks & debrief

#### **7. Mediating Vignettes- First and Second Home Visits** (circle vignettes shown)

- \_\_\_ Show home coaching **DVD vignette #11, 12** (explain this home coach is showing a preschool DVD, but the methods and processes are the same for showing the baby DVD's)
- \_\_\_ Show well baby visit DVD- **vignette 1** getting sleep and support and practice mediating in dyads & debrief (1<sup>st</sup> home visit)
- \_\_\_ Practice building parent support network using Parent Support Network handout in dyads and debrief

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**\* Try to be here by Lunch**

#### **8. Coaching Parent-Baby Activities** (circle vignettes shown)

- \_\_\_ Show well baby visit DVD- **vignette 9** bathing your child in language-speaking parent-ese and practice mediating in dyads & debrief key principles of speaking parent-ese (2<sup>nd</sup> home visit)
- \_\_\_ Mentor/ trainer will model coaching a parent-ese practice using the speaking parent-ese handout
- \_\_\_ Break up into dyads to practice coaching a parents' speaking parent-ese with babies & debrief

#### **9. Practice Home Visit/ Well Baby Visit sessions:**

- **Note can continue to do this as a large group or (if you think participants are ready) you can break up participants into smaller groups of 3 or 4 and give each group a session to prepare in front of the whole group.**

- \_\_\_ **Home Visit session 3/ Four Month Well Baby Visit**- physical, visual, and tactile stimulation. Well baby visit **vignette 14\*** & set up a reading practice between parent and baby
- \_\_\_ **Home Visit session 5/ Six Month Well Baby Visit- Reading Babies' Minds/ Regular Routines.** Well Baby Visit **vignette 15\*** & brainstorm ways to soothe babies
- \_\_\_ **Home Visit session 7/ Nine Month Well Baby Visit-** Babies' Emerging Sense of Self. Well Baby Visit **vignette 20\*** & practice baby directed feeding

#### **10. Brainstorm Ways to Manage Barriers and Resistance**

\* Can do this as a large group or could split the large group into two smaller groups and give each group a couple of challenges to work on and then present to the larger group.

- \_\_\_ Coping with distractions in the home (other family members, TV, telephone calls, hungry children, lack of toys)
- \_\_\_ Mother depression (partner conflict)
- \_\_\_ Ways to encourage completion of home activities

Conceptualizing parents who present challenges (environmental challenges, coach problems, parent dysfunctional cognitions about self, baby, or world, denial, unrealistic,)

- Goal Setting Challenges
- Building Therapeutic Alliance
- Motivation strategies
- Incentive Strategies to use
- Challenges in modifying thoughts

#### **11. Discuss ending home visit – home activities, handouts and evaluations**

- Review form for parents to use as evaluation
- Pre and post measures to use
- Contact between sessions

#### **12. Discuss consultation calls, follow-up consultation day, certification requirements**

#### **13. Give out evaluation of the day and participant certificates**

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\*\* Send this form plus the evaluations to Seattle with your attendance list and registration forms, within two weeks' time. Thank you!

## **2<sup>ND</sup> DAY OPTION**

For large groups (of more than 10 participants) it is ideal to have a 2<sup>nd</sup> day of training. The 2<sup>nd</sup> day can be divided up into each of the baby 8 topics. Each dyad can present to whole group one of the 8 topics and demonstrate how to set goals, mediate vignettes, set up practices and give homework. The dyad would have 30 minutes followed by peer and mentor feedback. In a full day each of the topics could be covered and hopefully everyone is given a chance to practice, get feedback and ask questions.