

Integrate School Readiness Series with BASIC Incredible Years Parent Program (early childhood version)

These two school readiness programs dovetail with the BASIC parent program (early childhood version) and may be offered as a supplement for the following populations.

- * For parents of young children (ages 3–6 years) where there is a history of poor attachment, prior abuse, social, emotional deprivation or environmental neglect.
- * For multi-ethnic families or families who speak English as a second language.
- * For families who want to focus on promoting pre-literacy and language skills.
- * For families with children who have emotional regulation and peer relationship difficulties.



These programs will provide parents with more experience and practice with child-directed interactions designed to promote children’s social, emotional and academic competence. This will lengthen the Basic program protocols from 12 to 16 sessions.

The following is the recommended protocol for adding the four school readiness sessions.

Session One: Welcome & Introduction & Parents’ goals

How to Play with Your Child

“Promoting Your Child’s Self-esteem and Encouraging Cooperation”

Play Part 1: Vignettes 1–6

Session Two: Play Part 1 continued

Play Part 1: Vignettes 7–9, 15–19, 22–23

Session Three: Helping Your Child Learn Through Play

“Promoting Your Child’s Thinking Skills”

Play Part 2: Vignettes 1,2,5–8,11,12 and 22

Supplemental Session: Academic and Social Skills Coaching

Child-directed Play: Vignettes 1–8

Supplemental Session: Emotion Coaching

Child-directed Play: Vignettes 9–14, 19–22

Supplemental Session: Reading with CARE Building Blocks

Interactive Reading: Vignettes 1–7, 8–14

Session Four: Effective Ways to Praise and Encourage Your Children

“Bringing out the Best in Your Child”

Praise Part I: Vignettes 1–6, 10–17

- Session Five:** ***Praise Part 1 continued and Part 2 Using Reward Programs to Teach Your Child New Behaviors***
“Motivating Your Children”
Praise Part 1: Vignettes 19–26 Review
Tangible Rewards Part 2: Vignettes 1–3
(School Age Series)
- Session Six:** ***Reward Programs continued***
Tangible Rewards: 4–12
- Session Seven:** ***Effective Limit Setting***
“The Importance of being Clear, Predictable, and Positive”
Limit Setting Part I: 3–12 (inappropriate commands)
 19–20 (negative commands, if time)
 21–29 (positive examples)
- Session Eight:** ***Effective Limit Setting & Ignoring***
“Decreasing Annoying Misbehaviors”
Limit Setting Part 2: Vignettes 1–8, 12–14
Handling Misbehavior Part 1: Vignettes 5–9, 13–14
- Session Nine:** ***Time Out***
“Discipline Strategies for Child Disobedience, Hitting or
Destructive Behaviors”
Limit Setting Part 3: Vignettes 2–8 (Time Out for Noncompliance)
Handling Misbehavior Part 2: Vignettes 2–8
(School Age Series)
- Session Ten:** ***Time Out continued***
Handling Misbehavior Part II: Vignettes 14–16
Pros and Cons of Spanking vs. Time Out
- Session Eleven:** ***Other Consequences/Problem-Solving***
Handling Misbehavior Part 2: 21–26, 29–31
- Supplemental Session:** ***Using Books to Promote Social Skills and Emotional Understanding***
Interactive Reading: Vignettes 15–29
- Session Twelve:** ***Putting It All Together/Transition Plans/Celebration***
Review of Group List of Behaviors to Decrease & Strategies
Party