

Content and Objectives of the Incredible Years® Incredible Beginnings™ Program (Ages 1-5)		
Content	Objectives	Content
<p>Workshop #1 Building Positive Relationships With Toddlers and Managing Separation Anxiety</p> <ul style="list-style-type: none"> Understanding ways to build positive relationships and secure attachment with toddlers. Understanding the importance of welcoming greetings and predictable goodbye routines. Helping toddlers manage separation anxiety. Involving parents in supporting separation routines and reducing children's anxiety. Fostering predictable schedules to promote children's sense of security and safety. Encourage toddlers' play with peers. Engaging in toddler-directed play and promoting children's self-confidence and independence. Reassuring parents and debriefing children's experiences with them. Engaging in assessment of toddlers' progress. 	<p>Workshop #2 Promoting Language Development in Toddlers and Preschoolers</p> <ul style="list-style-type: none"> Using descriptive commenting. Understanding and importance of imitation, repetition, and nonverbal gestures for toddlers. Strategic modeling and prompting use of language. Being child-directed and responsive in play interactions to promote language. Using visual cues, songs, and menus to prompt social communication. Using interactive reading to promote reading readiness. Using pre-academic coaching with preschoolers. Setting up asking and telling practices to promote social communication between preschoolers. 	<ul style="list-style-type: none"> Using descriptive commenting. Understanding and importance of imitation, repetition, and nonverbal gestures for toddlers. Strategic modeling and prompting use of language. Being child-directed and responsive in play interactions to promote language. Using visual cues, songs, and menus to prompt social communication. Using interactive reading to promote reading readiness. Using pre-academic coaching with preschoolers. Setting up asking and telling practices to promote social communication between preschoolers.
<p>Workshop #3 Social Coaching with Toddlers and Preschoolers</p> <ul style="list-style-type: none"> Importance of modeling social skills and one-on-one social coaching. Strategies for prompting and coaching preschool children's sharing, asking, helping and turn taking. Using circle time to promote social skills with both toddlers and preschoolers. Using puppets and pretend play to practice social interactions. Using positive teacher attention, praise and encouraging words for strengthening social skills. Using of intentional commenting to facilitate preschool children's peer relationships. Engaging in interactive reading to promote social skills and practices. Promoting empathy and friendships through dramatic pretend play. Value of using picture play scripts to promote joint play for children with developmental delays. Using teacher-directed social training for children with developmental delays Determining appropriate developmental social goals for individual children. 	<p>Workshop #4 Emotion Coaching with Toddlers and Preschoolers</p> <ul style="list-style-type: none"> Building emotional literacy through interactive reading methods Using emotion coaching to model and prompt emotion language Encouraging positive expression of emotions Using pretend play and puppets to enhance beginning empathy learning Understanding how to respond to unpleasant feelings Helping children stay regulated by using their words Teaching children self-regulation and calm down skills (e.g., positive self talk, positive imagery, deep breathing) Using books and puppets to teach to teach calm down skills Learning how to explain the Calm Down Thermometer to children Setting up calm down practices and finding teachable moments Sharing Tiny's secrets for self-regulation 	<ul style="list-style-type: none"> Building emotional literacy through interactive reading methods Using emotion coaching to model and prompt emotion language Encouraging positive expression of emotions Using pretend play and puppets to enhance beginning empathy learning Understanding how to respond to unpleasant feelings Helping children stay regulated by using their words Teaching children self-regulation and calm down skills (e.g., positive self talk, positive imagery, deep breathing) Using books and puppets to teach to teach calm down skills Learning how to explain the Calm Down Thermometer to children Setting up calm down practices and finding teachable moments Sharing Tiny's secrets for self-regulation

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<p>Workshop #5 The Proactive Teacher</p>	<ul style="list-style-type: none"> • Using transition warnings effectively • Assuring consistent and predictable routines • Using songs to facilitate transitions • Setting up developmentally appropriate schedules • Opening circle times with consistent routines • Predictable routines for ending the day • Teaching children classroom rules • Giving children awards and celebrating success • Visual prompts and teaching for following child care or classroom rules 	<p>Workshop #6 Positive Behavior Management for Toddlers and Preschoolers</p>	<ul style="list-style-type: none"> • Reducing commands • Positive, clear limit setting • Importance of reminders, redirections, and distractions • Use of physical redirections • Effective and planned ignore strategies • Pairing ignore with distractions • Value of first-then commands • Using puppets to help children calm down • Using calm down strategies • Importance of positive attention and praise • Strategic use of incentives • Understanding use of differential attention • Teaching children Time Out to calm down • Learning how to teach and practice Time Out to calm down with children • Developing happy places imagery • Using the Calm Down Thermometer • Using teacher-directed play scripts for children with special needs