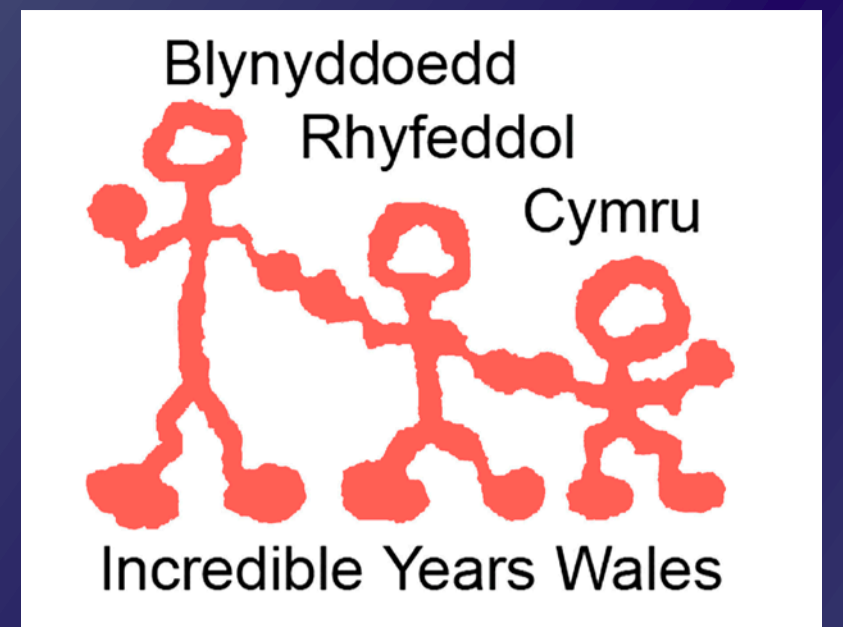


Evaluating the IY Toddler programme

The Incredible Years Wales Centre, Bangor University, Randomised Controlled Trial (RCT) of the Incredible Years toddler programme with parents of one and two year old children living in Flying Start areas in Wales, funded by the Welsh Assembly Government.

Nia Griffith, Karen Jones, Judy Hutchings and Tracey Bywater, School of Psychology, Bangor University, Wales



Parenting Pyramid Toddlers (1 - 3 years)

Programme Content

The Toddler Programme 12-36 months (12 sessions)

1. Child-Directed Play Promotes Positive Relationships
2. Promoting Toddler's Language with Child-Directed Coaching
3. Social and Emotional Coaching
4. The Art of Praise and Encouragement
5. Spontaneous Incentives for Toddlers
6. Handling Separations and Reunions
7. Positive Discipline- Effective Limit Setting
8. Positive Discipline- Handling Misbehaviour



Services

- Nine flying start services
- Experienced trained leaders
- High levels of supervision
- Continued involvement of service managers

Participants

- 104 parents were recruited
- Children were aged 12 to 36 months at baseline, 62 were male.
- 71 assigned to treatment conditions
- 33 Allocated to waiting list control group

Benefits to Service Providers

Lessons in programme fidelity, receive post-project outcome data, builds the number of certified leaders available to ensure effective future programme delivery

Research Group Locations



Outcome Measures

Developmental Measures

- Schedule of Growing Skills (Bellman, Lingham & Aukett, 1996)
- Ages and Stages questionnaires (Bricker & Squires, 1999)

Parent Measures

- Beck Depression Inventory II (Beck, Ward, Steer & Brown, 1996)
- Warwick-Edinburgh Mental Wellbeing Scale (NHS Health Scotland, 2006)*
- Parenting Stress Index (Abidin, 1990)
- Parenting Sense of Competence (Johnson & Mash, 1989)

Direct Observation

- Dyadic Parent-Child Interaction Coding System (Eyberg & Robinson, 2000)

Measure of Home Environment

- Infant & Toddler Home Observation for Measurement of the Environment (Caldwell & Brady, 2003)

Sample Characteristics

- 104 primary carers recruited, 102 were female
- Parents ages ranged from 16-48 years at baseline, (M= 29.48, SD= 6.95)
- 80% of families were first language English speaking, 20% first language Welsh speaking.
- 50% of the FS population lived in council/housing association houses. 18% of these were rated as substandard by researchers.
- 42.5% families had state benefits as their main source of income (84% of families living in council/housing association houses), 11.5 had state benefits top up to wages and 43.4% had wages as their income source
- 22.1% had concerns about their child's development
- 24% of sample reported having felt low/helpless or depressed at some point since the birth of their child.
- 13.5% of families had an immediate family member with a drugs/alcohol problem, 13% had an immediate family member who had been involved in some form of criminal activity.

COMPARISON OF FS SAMPLE AND NATIONAL POPULATION AVERAGE

Characteristic	Flying Start Sample (104 dyads)	Social Trends 2007*
Lone Parent Families	38%	24%
Mean no. sharing a household	3.97	2.3
Age of parent at birth of 1 st Child	22.6 years	27.3 years
Living below recognised poverty indicator (£64 pp/pw)	36%	17%

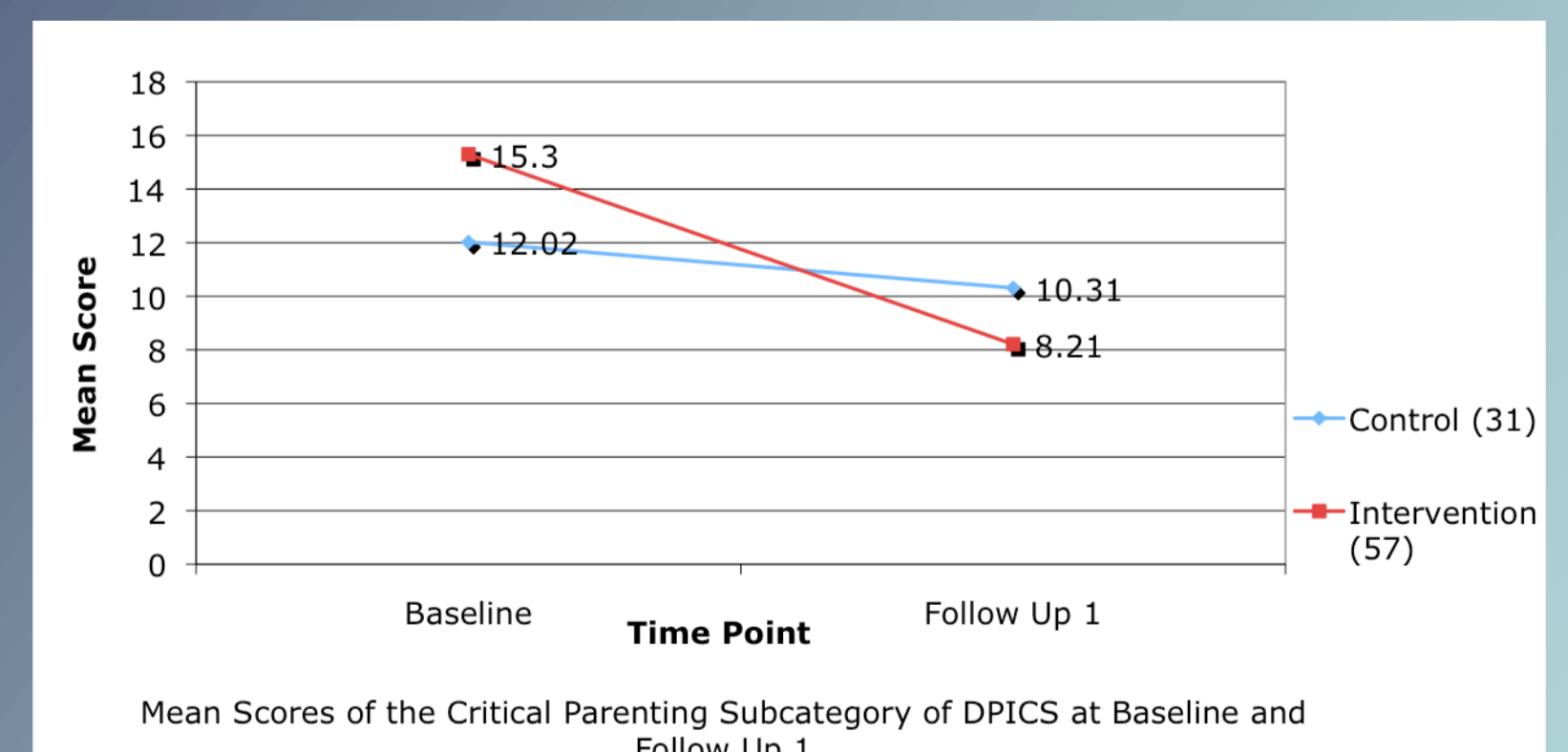
Information sourced from: Social Trends No.37 (2007). London: Office for National Statistics



Preliminary analysis of the Dyadic Parent-Child Interaction Coding System (Eyberg & Robinson, 1981)

Using Paired T-Tests, analysis of the 5 subcategories of Negative Parenting revealed that the Intervention group showed changes in the right direction in all five subcategories, 3 of these were significant changes; Critical Statements, Physical Negatives & Negative Commands.

The Control group did not show any significant changes on any of the 5 subcategories of Negative Parenting.



WEMWBS- MENTAL WELL-BEING

Paired t-test

- Intervention group scored *significantly* higher on mental well-being at follow-up 1 (M = 51.65, SE = 1.09) than at baseline (M = 47.25, SE = 1.39), $t(556) = -3.49$, $p < .05$, $r = .42$
- Control group showed *no* significant differences

ANOVA

- A *significant* interaction between condition and time, $F(1,86) = 8.42$, $p < .05$

ANCOVA

- A significant effect of condition on follow-up mental well-being after controlling for the effects of baseline mental well-being and centre

