

The Incredible Years®: Helping Parents Promote Babies' Development during Well-Baby Visits



Program Objectives

This program is designed to help clinicians provide infant health care that promotes responsive, nurturing parenting that will strengthen babies' attachment and home safety as well as their cognitive, language, social and emotional development.

Who Should Deliver?

This DVD with video clips, clinician guide with handouts, and recommended home activities can be used by physicians, health visitors, and nurses in primary care settings or in the home to support parents with babies from birth to 9 months of age.

How the Primary Care (Well-Baby) Version of the IY Parents & Babies Program is Organized

This abbreviated program is adapted from the Incredible Years® Parents and Babies Program (a more comprehensive group-based curriculum consisting of three DVDs with 68 vignettes). The Parents and Babies group-based program is typically offered by a trained leader with groups of 8–10 parents. The groups meet weekly for 8–10, 2 hour long sessions (group leaders may choose to offer more sessions).

In contrast, the Well-Baby Program consists of 1 DVD and a few selected vignettes from each program that can be shown to parents during well-baby visits. These vignettes have been chosen according to the concepts considered most important at each stage of the baby's development. They can be shown to enhance the teaching of baby development and anticipatory guidance concepts. The vignettes can also be used to recruit families into your Incredible Years® Parents and Babies groups in your clinic. By watching and discussing the vignettes with their primary care provider or health visitor, parents can explore aspects of the parent-baby relationship and their important teaching and nurturing role in their baby's life.

Participating in this Well-Baby version of the program will also help build parents' trust in this model of receiving support. Parents who need further intervention may be more willing to participate in further parenting groups if they have had a positive introduction through this brief program.

Program Topics

Newborn Visit: Becoming a Parent & Gaining Support

One Month Visit: Getting to Know Your Baby & Responding to Crying

Two Month Visit: Babies as Intelligent Learners & Parents as Responsive Communicators—Speaking Parent-ese

Four Month Visit: Providing Physical, Tactile, & Visual Stimulation for Your Baby

Six Month Visit: Promoting Baby's Security — Regular Routines

Nine Month Visit: Baby's Emerging Sense of Self

What does the Primary Care Provider/Health Visitor Need to Deliver this Program?

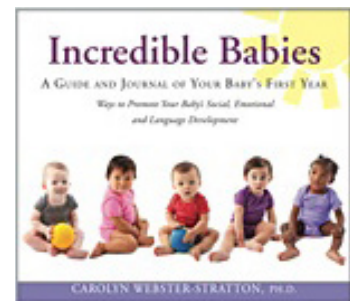
This DVD program and guide are designed to be used in conjunction with the *Incredible Babies* book, which is given to parents. There is a "Health Care Provider Visit Checklist" at the beginning of each section that provides topics to discuss during the visit. *These checklists can also be accessed on our website, in the parent group leader resources section.*

The *Incredible Babies* parent book includes the refrigerator notes, developmental milestone checklists, and journal record sheets for each of the six newborn visits. If parents have this book, only the recommended home activities page needs to be photocopied and given to the parents.

If the *Incredible Babies* book is not given to the parents, then providers will need to photocopy all the handouts for each topic in this guide.

In addition to the handouts and parent book the provider will need the following:

- Computer or other player to show video vignettes
- Hand puppets, toys, soft cover books for modeling and practice



How to go about introducing The Incredible Years® in a primary care setting or home visits

Training

The primary care provider and IY specialist (nurse, psychologist, health visitor, nursery nurse, or social worker) should participate in a 2-day Baby Parent Group Leader Training by a certified IY Mentor or Trainer before using this program. Please see our website for upcoming training or let us know you are interested in training:

<http://incredibleyears.com/workshop-info/training-workshop-schedule/>



NOTE: The time is right for primary care providers to bring evidence-based parenting programs into their practices. All of this will take a collaborative interdisciplinary team approach as well as a commitment to improving and integrating physical and mental health care.

