

## Outcomes for Staff and Pre-School/Crèches

- Staff feel much more confident in their work
- The service has become much more motivated and eager to make positive changes
- Staff now have practical solutions to complicated behaviours
- Staff now always end a discussion with parents by saying something positive about the child
- The room is more relaxed
- Childcare workers are feeling less stressed
- The room runs much better now
- I am more confident in approaching parents when there is a problem
- Positive comments are great for parents to hear and the child feels so good also
- I now know how important it is to praise the positive behaviour in the children
- Staff and management are all taking bits from us doing the programme
- I am more aware of the effects of my responses on children and how to alter my responses to achieve the outcome
- Staff team is now a cohesive unit in the room which leads to great consistency for the children
- The training has been excellent reflective practice
- We have amended our behaviour management policy
- Positive Praise is the key to behaviour management
- The staff team in the room is now on the same page
- All staff and management are very curious about this course as they see how it has worked for us



## Links to National Initiatives

This programme supports the principles and themes of the national curriculum framework Aistear and the national Quality framework Siolta.

### Aistear Themes:

Communicating: Being a good communicator is crucial to Children's development.

Well Being: Children will be strong psychologically and socially.

Identity and Belonging: Children feeling valued and respected as part of a family and community.

### Siolta Standards:

Standard 1: Rights of the child, enabled to exercise choice.

Standard 3: Parents and Families, valuing and involving parents and families working in partnership.

Standard 5: interactions, fostering constructive interaction.

Standard 11: Professional Practice, staff has skills, knowledge, values and attitudes appropriate to roles.

Standard 14: Identity and Belonging, empower the children, parents and staff to develop the confident self.



# Louth Pre-School Pilot Parent Programme

## An Overview



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## Introduction

The Incredible Years programme is an evidenced based programme designed to prevent and treat emotional and behavioural difficulties in children aged 3 to 10 years. The programme is also a Positive Behaviour Management Programme that is particularly suited to pre-schools and crèches.

The programme was developed in the University of Washington in Seattle by Dr Carolyn Webster-Stratton. The Incredible Years series contains three separate programmes for parents, teachers and children. Whilst each programme has been designed as a stand alone intervention, taken together, they provided a cohesive and uniform strategy to address and eliminate behavioural difficulties in children.

## Louth Pre-School Pilot Project

Louth Leader Partnership, Louth Co. Childcare Committee and Muirhevnamor Springboard Initiative, in conjunction with the Family Support sub group of the Children's Services Committee, piloted The Incredible Years Parent Programme with Community-based Pre-Schools and Crèches in the area.

Four pre-schools/crèches participated. They were Claddagh Treasures, Scallywags Crèche, Scoil Beag and Right Start. Thirteen pre-school room staff from the four services completed the course. The delivery of the programme was tailored to meet the specific requirements of the staff, from the perspective of working in an early years setting.

This programme has directly impacted on the 78 Children and their families who attended pre-school in the four services, with best practice in promoting positive behaviour being introduced and implemented.



## Areas of Support identified by Participants

Staff coming onto the training programme identified areas they needed support in. These areas included:

- Managing behaviour problems
- Remaining calm and feeling less stressed
- Managing attention-seeking behaviour
- Helping children to express their emotions and feelings
- Help with giving children a good day
- Improve peer relations within the room
- Help with resolving issues for children
- Enable children to become more independent
- Help with listening more effectively to what children are saying to me
- Help with forming better relationships with difficult children

## Pilot Programme Content

In The Incredible Years Programme, the training programme covered the following areas:

- Child Directed Play
- Descriptive Commenting
- Academic and Persistence Coaching
- Social and Emotional Coaching
- Praise and Rewards
- Routines and Rules
- Effective Limit Setting
- Using Your Ignore Muscle
- Logical and Natural Consequences
- Problem Solving with Children

“ I now have a  
**happier room**  
with  
**smilier faces** ”

- A participant on the Pilot Programme



Following the 13 week training, the participants are able to state the following:

## Outcomes for Children as a result of the Incredible Years Training:

- Children are a lot happier and there are now smilier faces
- Children are responding and are more eager to help clean up and use positive language
- There has been an explosion of language development amongst the children
- The children have learned to take turns and to talk gently and have stopped hitting
- The children are now able to self regulate and think things through
- The other children see the good behaviour and are now modelling it. They all want the stickers for the good behaviour
- Children are listening more
- All the children in the room have responded to the changes in the room in a real positive way
- Children are playing more together
- The room is a happier place to be
- Children are much more able to regulate themselves emotionally
- The children and the room is much calmer
- This programme is especially useful where children have a language deficit
- Every child in the room has improved as a result of this programme