

## Overall report of the Incredible Years school age parent courses

April 2013 - December 2014

Provide (formally Central Essex Community Services) Child Health Improvement Team have worked in partnership with the following agencies in Mid Essex to deliver four twelve week evidenced based Incredible Years parent courses;

- Maldon Primary School, Maldon
- Great Bradfords Junior School, Braintree
- Great Bradfords Infant School, Braintree
- Lawford Mead Junior School, Chelmsford
- Lawford Mead Infant and Nursery School, Chelmsford
- Melbourne Park Primary and Nursery School, Chelmsford
- Catch 22 – a social business that provides services that help people in tough situations to turn their lives around

Maldon Primary School, Lawford Mead Junior School and Melbourne Park Primary and Nursery School are also actively involved in the Incredible Years Dinosaur Curriculum, which is attended by a selection of their pupils and the two programmes complement each other and enhance the outcomes for the children.

Parents can self-refer to the course and professionals from other agencies can also refer parents. We have had referrals from a number of agencies, including; Social Care, Family Solutions, 4Children, the Educational Welfare Service and schools. We currently have a waiting list for future Incredible Years parent's courses and parents have feedback that they have found out by the course due to a recommendation from their friend, this includes the use of social media.

### Evidenced based outcomes

#### Promote child competencies:

- Increase children's social skills and emotional language.
- Increase children's problem-solving skills and effective anger management.
- Decrease children's negative attributions and increase empathy skills
- Decrease children's aggressive behaviour and related conduct problems such as noncompliance, peer bullying and rejection, stealing and lying.
- Increase children's on-task behaviours, reading skills and academic competence.

#### Promote parent competencies and strengthen families:

- Increase parents' positive relationships and bonding with their children through special time together.
- Increase parents' positive communication skills, such as the use of coaching skills, praise and positive feedback to children, and reduce the use of criticism and unnecessary commands.
- Improve parents' limit setting skills by replacing physical punishment with nonviolent discipline techniques and by promoting positive strategies such as ignoring the child's misbehaviour, allowing for logical consequences, providing redirection, and developing problem-solving and empathy skills.

- Improve parents' understanding of how to set up predictable routines, promote children's responsible behaviour and successfully monitor their children's behaviour.
- Improve parents' problem-solving skills and anger management
- Increase family support networks and parents' involvement with schools.

#### Parent/carer feedback

39 parents/carers completed the full course and the final evaluation (please find a blank copy attached), the following statistics have been drawn from this information:

- 86% of parents said that their child's behaviour problems has greatly improved or improved, 14% slightly improved.
- 100% of parents said that they would recommend the course to a friend or relative.
- 87% of parents felt confident or very confident in their ability to manage future behaviour problems in the home using what they learned on the course, 13% slightly confident.
- 100% of parents said that they were likely or very likely to continue to meet with one or more of the parents in the group. This provides the parents with a vital on-going support network from their local community.
- 92% of parents said that they found both the group leaders to be helpful or extremely helpful.

#### Qualitative feedback

A selection of qualitative responses are detailed below in answer to the question 'what did you see as the main benefit of the Incredible Years course?'

- *It highlighted the need to use more praise when things are going well*
- *To take a step back and think before the situation, to stay in control, to stay calm. Therefore, my children seem more happier, the house is a lot more calmer.*
- *Using the special time – the long term benefits*
- *Realising you're not alone, other people are experiencing similar issues.*
- *To remain calm in all circumstances and the ability to ignore and/or walk away from confrontation*
- *Support + guidance, practical ideas to use at home. It has given me a boost and coping ideas, rather than feeling helpless*

#### Recommendations

To continue with the successful outcomes that are being achieved for both the parent/carer and the child it is recommended that a rolling programme of Incredible Years parents courses are facilitated within Mid Essex. This ensures that the current demand for places is met and the effective word-of-mouth publicity is utilised to its best potential. In our experience parents/carers are more likely to seek the support that they require if a parent's course has been recommended by a trusted source.