



THE MINISTRY OF PARENTING
PROMOTING CREATIVITY IN PARENTING SUPPORT A COMMUNITY INTEREST COMPANY

The Incredible Years School Aged Parent Program Group Report

Date 20/12/ 2016

Group Area FIF North Parenting

Venue The Ministry of Parenting CIC training group room

Introduction

The Incredible Years school-aged programme is aimed at parents of children aged 4 to 11 years. The course ran for twelve weeks for two and a half hours. The group sessions were delivered by two skilled Ministry of Parenting CIC practitioners. Overall, the Incredible Years Programme aims to: promote positive parenting, improve parent-child relationship, reduce critical and physical discipline and increase the use of positive strategies and help parents to identify social learning theory principles for managing behaviour improve home-school relationships

The group started on the 15th September 2016 and ran for twelve sessions, ending on the 15th December 2016

Group Numbers

- 14 parents started the group;
- 1 parent withdrew in week two as she felt it was her son who needed the direct intervention so we supported her son's referral to Y.E.S.
- 1 parent withdrew after week six due to changes in her work hours.
- 12 parents completed the group - 5 parents completed with 100% attendance, 2 with 91% attendance, 2 with 83% attendance and 3 with 66% attendance

Parent's demographic information

Education	Left school at 16	4
	Left school at 18 /19	4
	Left education at 21 or over	4
Ethnicity	White British	11
	Other	1
Relationship with YP	Mother	12
Marital status	Single	5
	Living with partner/married	7
Housing	Rented	7
	Own property	5
Children	Child having extra support at school	5

	Concerned child	12
	Siblings	18
	Total children group had impact on	30

Weekly feedback

The parents completed weekly evaluations which indicated to the group facilitators how the parents are responding to the weekly sessions. The sessions were scored weekly as 'quite helpful' to 'very helpful' section.

Pre and Post Measures

The Strengths and Difficulties Questionnaire (SDQ): is a brief child mental health questionnaire for children and adolescents ages 2 through to 17 years old and developed by the UK child psychiatrist Robert N Goodman. SDQ ask about 25 attributes, some positive and others negative. These 25 items are divided between five scales: emotional symptoms, conduct problems, hyperactivity/inattention, peer relationship problems, and pro-social behaviour. The same self-completion questionnaire is given to the parent and the young person, although the wording is slightly different as it is in the first person. The total difficulty score of the SDQ (range 0-40) is a fully dimensional measure, with each one-point increase in the total difficulty score corresponding to an increase in the risk of mental health disorder.

A post decreased is a positive result, See Table A

Score meaning

- 0-15; low need
- 16-18; some need
- 19 – *clinical need level
- 20 plus; high need

12 parents completed the S& D in full

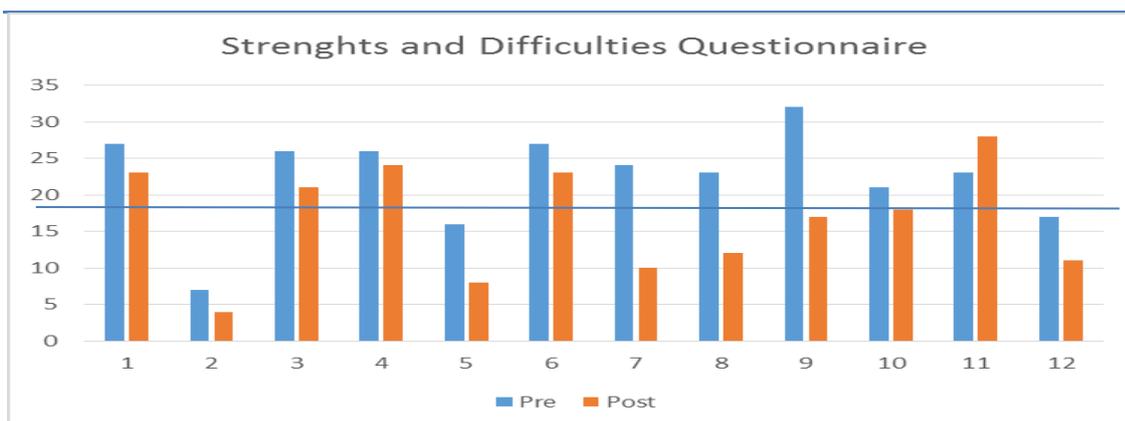


Table A

9 children scored in the clinical intervention level at the start of the course, which was interesting as we were expecting lower levels as an early intervention targeted course. One of these children scored higher post group, this indicated that these child had additional needs i.e. ADHD.

11 children's scores were decreased. 4 children dropped out of clinical range.

Parents were asked a range of questions on their experience of the course

Question 1: Reason why you wanted to attend the Incredible Years group:
Below are the answers that parents wrote down in answer to this question.

1. *Behaviour of my son.*
2. *I wanted to help myself to become a better parent and to help my child in the process.*
3. *To find different ways and ideas to help my son.*
4. *To find a strategy that works rather than grabbing around in the dark for things that work, to stay calm with my children.*
5. *To learn more how to help my son.*
6. *I wanted to attend the course to help me find new ways of coping with my seven year old child and to see if I am doing the right thing.*
7. *My son has ADHD and was becoming a challenge so needed some extra help.*
8. *To be able to get help with my daughter that has behaviour problems.*
9. *Attended STOP and found really useful and wanted to start tackling problems and behaviours beginning to surface with younger child.*
10. *I was struggling with my son's behaviour and his ADHD. The family life was a mess, continuous stress and upset which was reflecting on my younger son and outside family.*
11. *Support and strategies to help deal with and improve my 6 year olds behaviour , issues and needs*

Question 2: What was the experience of coming to the group like?
Below are the answers that parents wrote down in answer to this question.

1. *Really enjoyed the group, helped oldest child's behaviour.*
2. *Absolutely fantastic, great experience I loved every minute of it.*
3. *Fantastic, I really enjoyed it.*
4. *Supportive, positive, fun, informative.*
5. *Brilliant.*
6. *Brilliant Jeannie and Debbi are very welcoming, felt at ease right away and settled in with other ladies on the group.*
7. *Loved it, I'm rather upset that it's coming to an end.*
8. *Very informative, helpful, friendly.*
9. *Very supportive, lots of things to think about to address behaviours.*
10. *I was sceptic at first and unsure but straight after the first session I was so excited because I knew straight away it was exactly what I needed. It helped that the leaders are so lovely! I felt comfortable and relieved sitting in a room of a group of parents all in the same boat.*
11. *Amazing! I wish I had attended sooner. The group leaders were both amazing teachers and extremely supportive. I have learnt so many valuable things*

Question 3: What did you get out of the group?
Below are the answers that parents wrote down in answer to this question.

1. *Ideas, consistent.*
2. *I learned a lot and made some really good friends.*

3. *Lots of experience, ideas and methods that I can apply it for all my children.*
4. *Lots of great information, strategies, met some great mums.*
5. *Experiences, not the only one.*
6. *Confidence, knowledge.*
7. *Lots- new strategies and new friends, more confidence.*
8. *Didn't feel that I was the only one with a child with issues, good understanding of what tools to use when.*
9. *Realisation that with current modern lifestyles many foundations like praise and play are missing from family life and make a huge difference to behaviour.*
10. *I feel much more confident now with parenting, I know I have lots of tools up my sleeve, a great support unit and a book and folder full of resources to help carry on to improve a happy life.*
11. *So much, I can't possibly write it all down, but valuable techniques to deal with my children's behaviour. A better understanding of my child's behaviour, belief in myself and that I am a good parent.*

Question 4: What changes have you seen in your child/family?

Below are the answers that parents wrote down in answer to this question.

1. *We've still a little way to go but I have seen an improvement in overall family life. There is a happier, calmer, more kind and helpful atmosphere, approach in and out of the home.*
2. *More attentive, calm, love, more confident at school and with academic tasks which has been noticed by school teachers.*
3. *My children have got more compliant and have got used to the change.*
4. *Less stress.*
5. *Lots of changes, more compliant.*
6. *Calmer, more obedience, more open, loving.*
7. *My son is more calm and I think he needs more time to accept the new routine and to be part of his daily routine.*
8. *(Child's name) my son, is a lot calmer now and a much better listener. We are calmer as a family.*
9. *My eldest is more calm, youngest.*
10. *Lots of positive changes. My eldest as improved at home and at school. He is learning to control /understand his emotions and react appropriately rather than aggressively. My youngest models what I am teaching my eldest and mirrors my praising.*

Question 5: What do you think could be done differently?

Below are the answers that parents wrote down in answer to this question.

1. *Perhaps a couple of weeks break in the middle to ensure routines/rules are implemented and consistent before moving to next type of teaching.*
2. *Nothing, it's an amazing course, I'd do it again.*
3. *Nothing.*
4. *N/A.*

5. *Nothing, everything was perfect.*
6. *Need to put in place the things I have learnt.*
7. *I think it's done perfectly, the information and how it was presented is spot on. I do think that a session or two focusing on parent anger management and problem solving would additional be beneficial.*

Question 6: What message would you like to give to funders about the group?

Below are the answers that parents wrote down in answer to this question.

1. *I cannot thank you enough for everything you have done to help us as a family. You are amazing women and do a fantastic job. I am very lucky to have been referred to you. Thank you.*
2. *Plenty of options for child to 'see' therapists, counsellors etc but nothing for parents other than this course0 whole group is so supportive and you know you are not facing it alone.*
3. *You need to keep this course, do a refresher course after a few months to recap.*
4. *This group has really helped me and others to believe that it should be offered widely to people.*
5. *This should be available to all parents.*
6. *This is such an important, in fact, essential group for parents. It is so important to share this information to all parents. Most worthwhile course I've ever done and even as a post-graduate I feel this course is for all types of parents, at all levels and social backgrounds with all types of children.*
7. *I prefer if I did it when my child is 5 years, it is fantastic course, useful for everyone.*
8. *Thoroughly enjoyed this course and leaned so much.*
9. *This group has really helped me.*
10. *I think this needs to be more widely available and offered to ALL parents when children start school. I really cannot praise my group leader or the course enough.*

Question 7: What message would you like to give to other parents who are thinking about attending a group?

Below are the answers that parents wrote down in answer to this question.

1. *I would definitely go no hesitation. You may think 'I know what I'm doing' or 'I'm not a bad parent', that's not what this is about. It has helped me so much to improve my parenting skills, my relationship with my son and our overall family life.*
2. *A must, even if only seeing glimpses of behaviour that need addressing-sets our good standards, tools to use even before child may display problems, all parents should do it before child gets to 3!*
3. *This is a fantastic course and worth doing, my son is ADHD and this has helped me out tremendously.*
4. *Don't worry it does work and you are in good hands.*
5. *Persevere.*
6. *Attend! Try to follow it and stay engaged even when you have other time pressures, the information is for life and I have shared it with other parents I know who are struggling-which is most parents! I now know I have strategies that are proven and do work and it's up*

to me to implement them for the sake of me and my children as it does work. This requires a lot of commitment, dedication and time but it stands as testament of the worth of the group that we came week after week and are implementing the strategies and enjoying it!

7. *Really good course very supportive and lovely tutor.*
8. *Great course, would definitely recommend it.*
9. *This course has helped me in so many ways, very useful.*
10. *Don't be put off by the course being 12 weeks long and the sessions being over 2 hours long – it's not long enough! Do the course as soon as you can, it is incredibly valuable and it really does work. It is all about changing different principles of your parenting to bring about long term positive change. I did not think I would enjoy it as much as I did, or get out of it as much as I did. A brilliant course.*

Report completed by:

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