



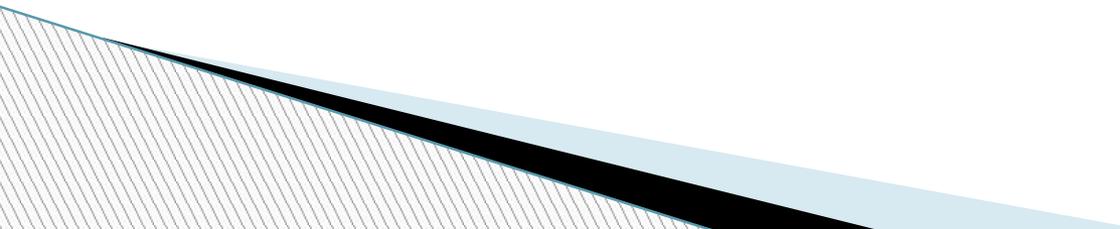
Incredible Beginnings

Caroline White

Joanne Singleton

The Incredible Beginnings Programme (Carolyn Webster-Stratton, Incredible Years) is a course for teachers and child care providers of children aged 1-5 years of age.

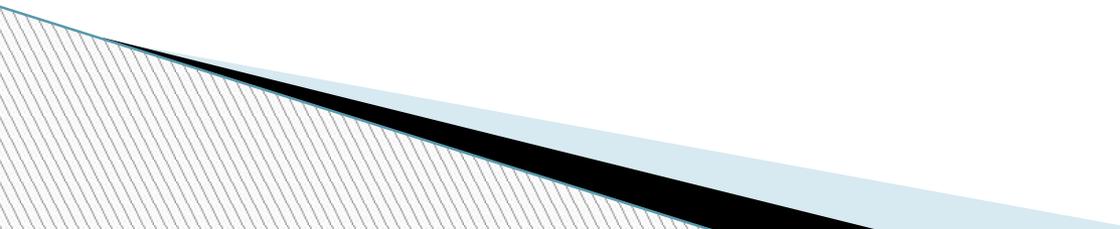
The course aims to provide staff with the skills and strategies to provide an environment that supports children's optimal early development.



Teaching methods include:

- ▶ social and emotion coaching
- ▶ nurturing child-directed play interactions using narrative descriptive commenting
- ▶ proactive teaching with predictable routines
- ▶ consistent positive behaviour management strategies

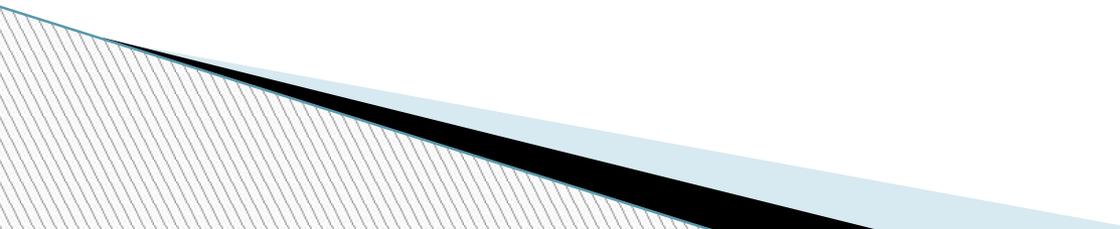
All of the approaches rely on building positive relationships with children using sensitive and responsive approaches.



Buzz

- ▶ What are the logistical challenges of delivering the Incredible Beginnings Program?

Brinnington

- ▶ Talk about how Stockport made it happen
 - ▶ Brinnington – in the context of the EYD model
 - ▶ More locally – LJ and Donna
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What we did

- ▶ The Incredible Beginnings programme was trialled across two settings in Brinnington and involved a 6 day training course (one day per month for six months) to the team of 12 staff in total.
 - ▶ Delivered by Caroline and Joanne
 - ▶ Collaborative process and methods
 - ▶ Staff also used team meetings in their settings to review progress and reinforce the learning.
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Content - Buzz

- ▶ Vignette ?
- ▶ Watch the following vignettes and think about what questions would you like to ask the child care providers?

Buzz

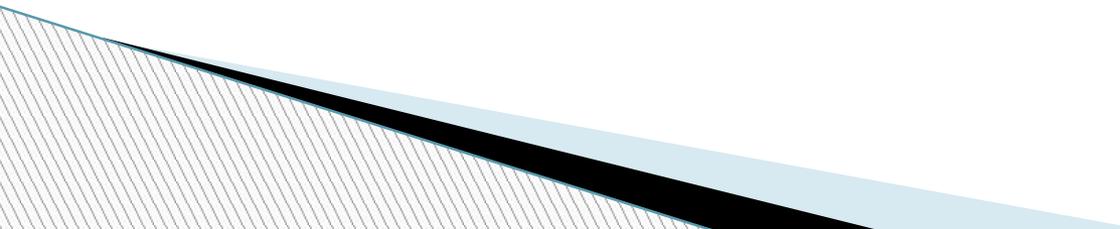
- ▶ What challenges might be presented when delivering the content of the program?



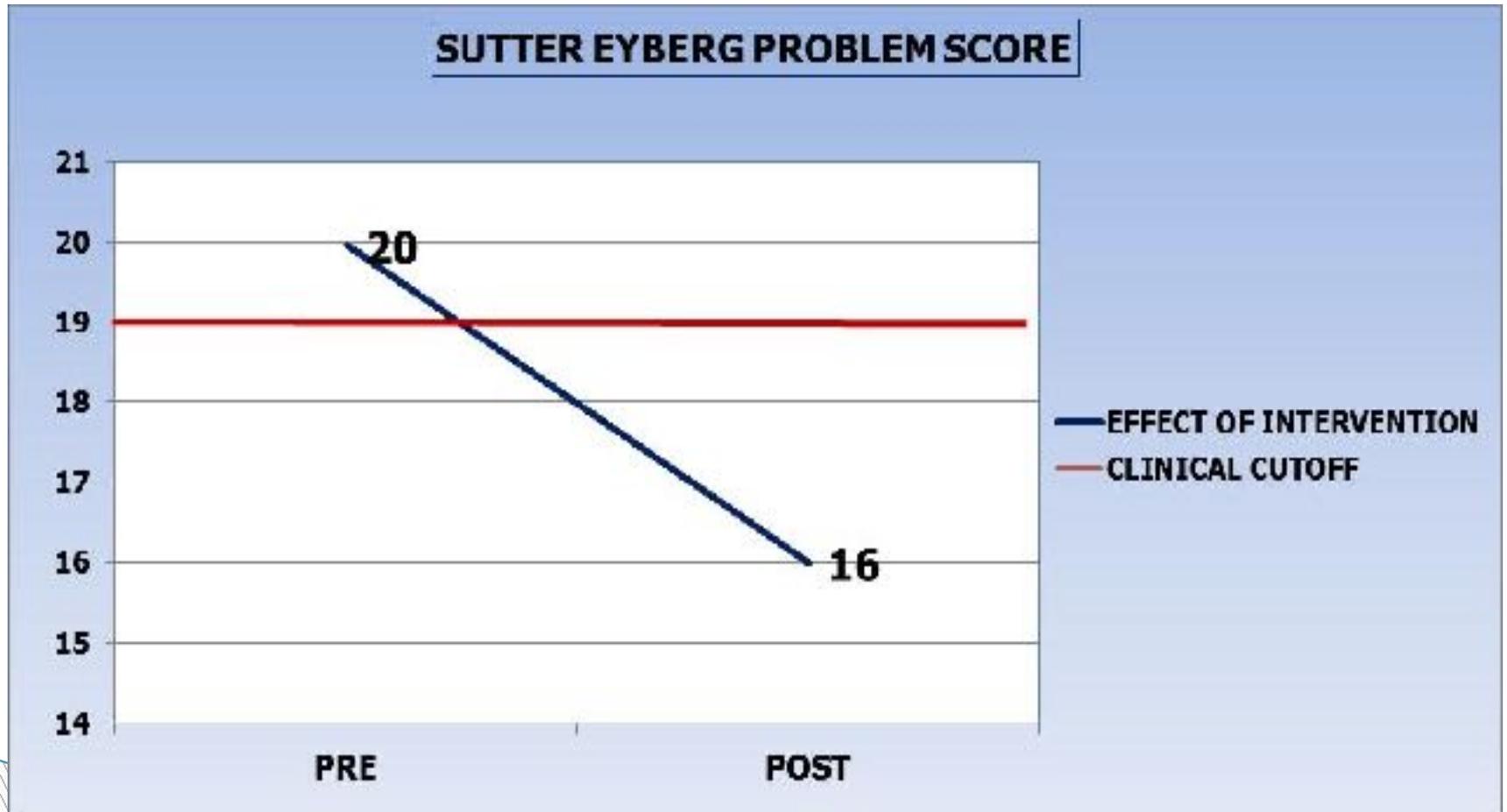
Video clip

- ▶ Practice feedback on social coaching
- ▶ 4.20-8.42

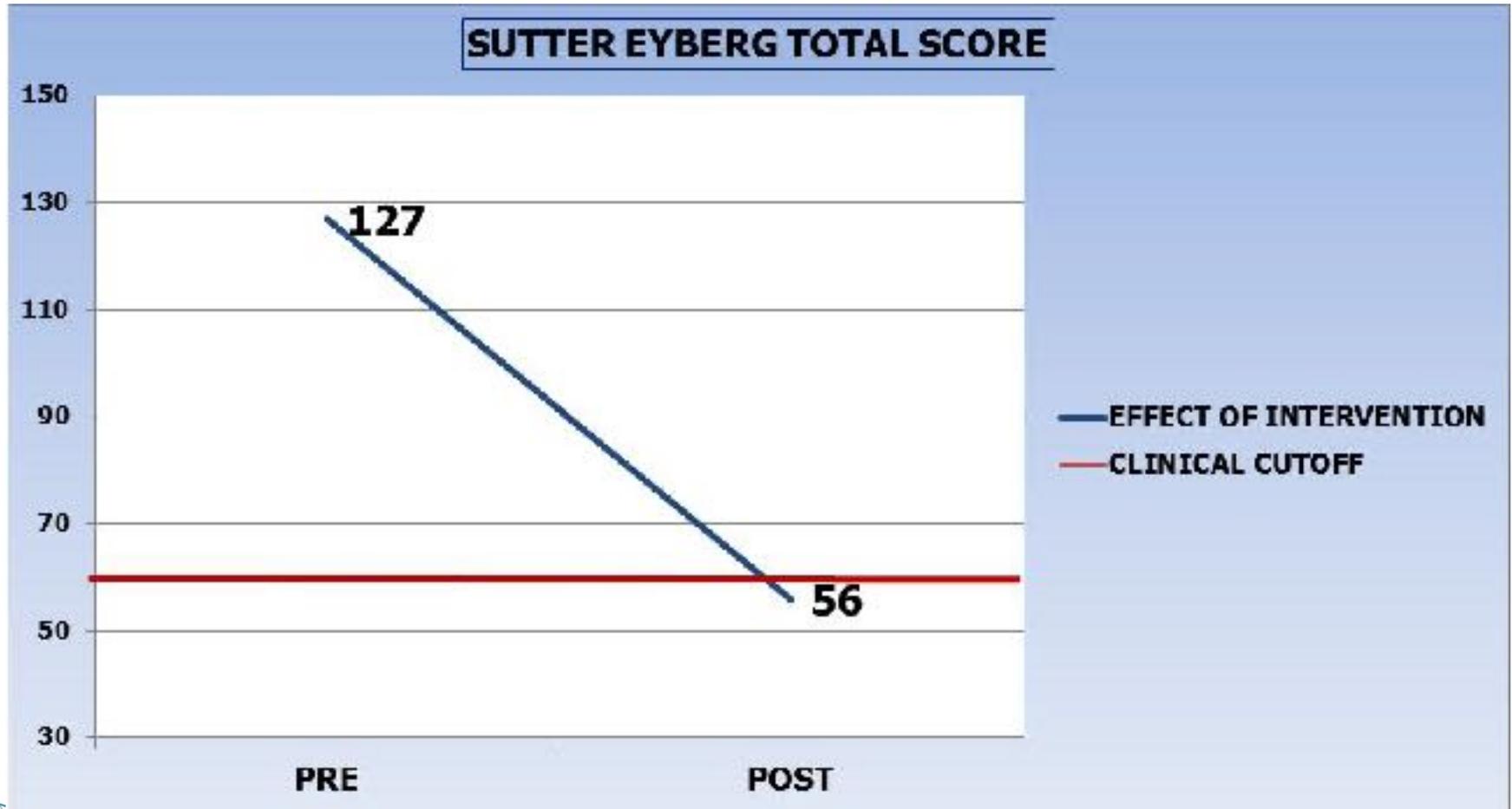
Outcome data

- ▶ In order to evaluate the effectiveness of the course participants were asked to complete standardised questionnaires on the children's behaviour and also on their own professional practice at the beginning of the course and also after its completion. The following measures were used:
 - ▶ Sutter-Eyberg Child Behaviour Inventory (measures child behaviour difficulties)
 - ▶ Incredible Years Teacher Questionnaire (measures teacher strategies)
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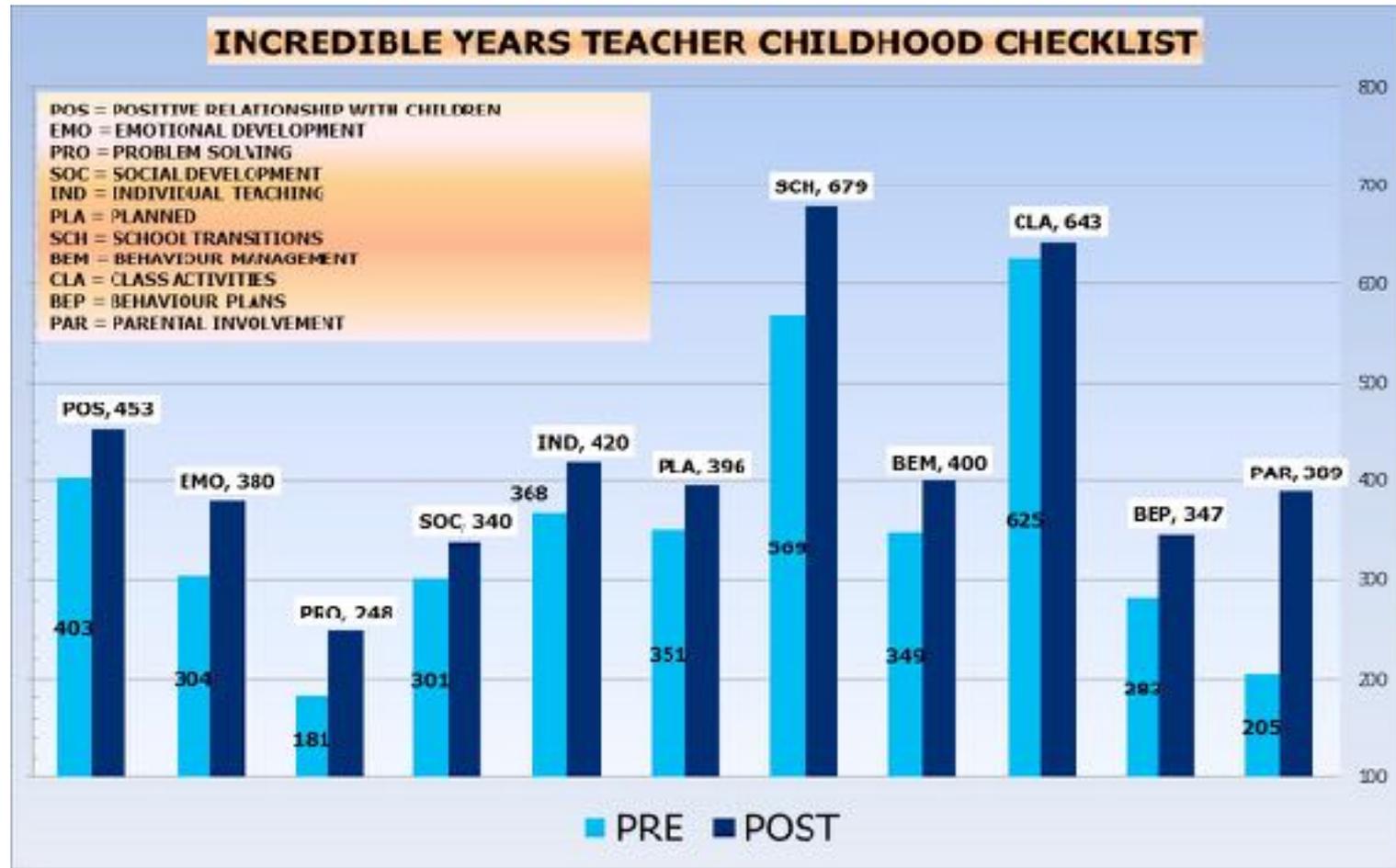
Eyberg Problem Score Data



Eyberg Total Score Data



Incredible Years Teacher Childhood Checklist Data



Quotes from participants:

We had visitors who asked us what had happened. They couldn't believe how calm and quiet the setting was with so many two year olds

I've noticed that the children's language development is coming on much faster now

Transitions from one activity to the other are so much easier now

Quotes from participants:

*The settings
are so much
calmer*

*We're not handling
challenging
behaviour as much
any more*

*It's been much easier
to settle the last
group of new children
into nursery*



Key Learning and Recommendations

- ▶ Involvement from leadership
 - ▶ Visiting the setting – potential to do this mid way as well as at the end
 - ▶ Mindful of your audience – tailoring it
 - ▶ Staff went on to do IY Basic Parent programme to deliver groups
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