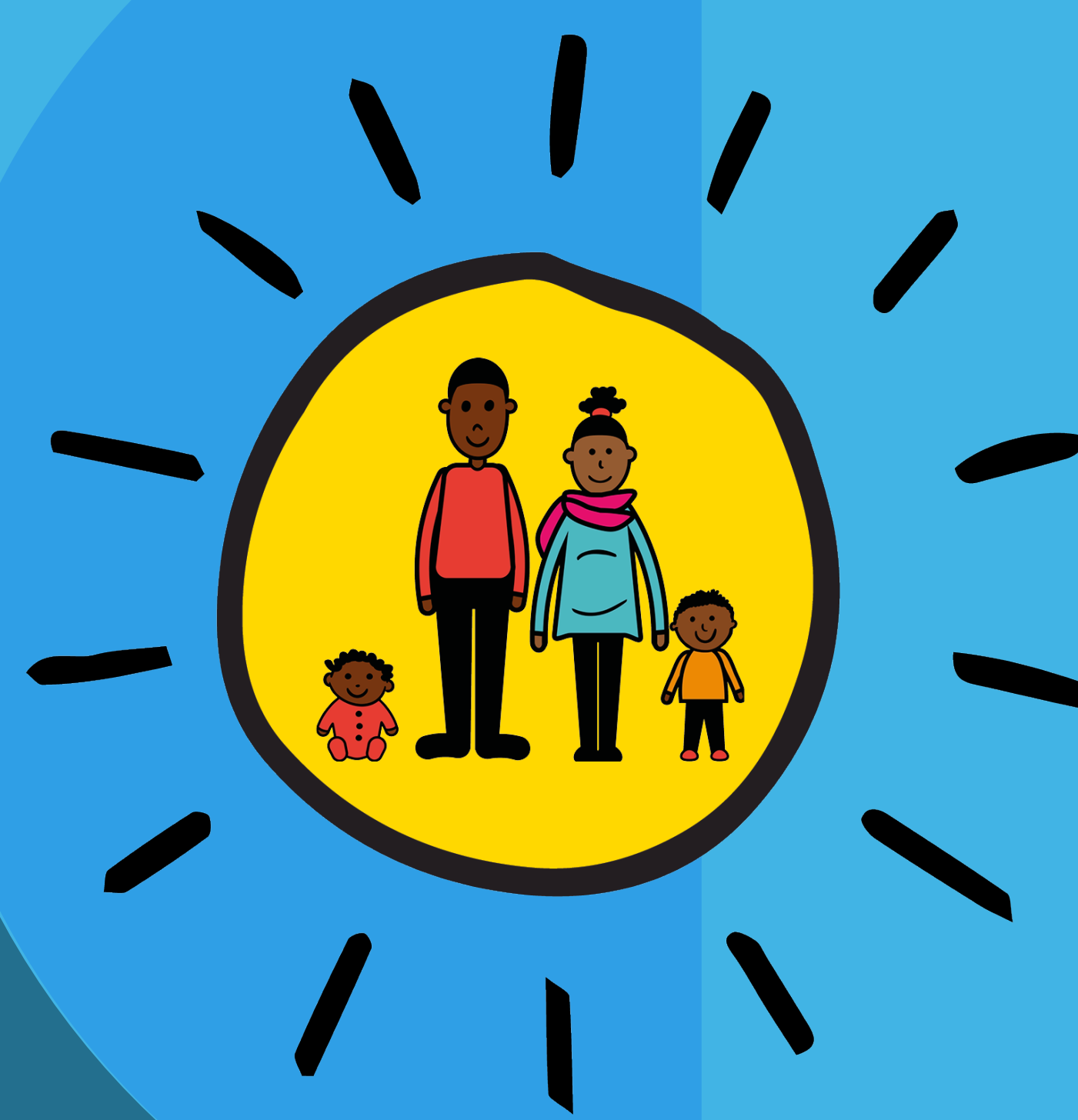


Incredible Years Toddler Basic



Pre and post measures show a **SIGNIFICANT INCREASE** in children's social and emotional development and a **SIGNIFICANT INCREASE** in parents'/carers' confidence in parenting

Delivered by **Barnardos**
From **September 2018 – March 2024**

Incredible Years (Toddler Basic) is an established evidence-based parenting programme, promoting positive attachment between parents/carers and their toddlers aged 12 -36 months, so that children feel loved, safe and secure.

Participants learn how to manage their child's emotions, how to help their toddlers handle separations and emotional regulation issues by using predictable routines. It can support parents/carers who would like to become more confident with their parenting skills with a view to developing safer and stronger relationships with their child.

How it was delivered

The course covered 8 key topics:

- Part 1** – Child-directed play promotes positive relationships
- Part 2** – Promoting toddlers' language with child-directed coaching
- Part 3** – Social and emotional coaching
- Part 4** – The art of praise and encouragement

Part 5 – Spontaneous incentives for toddlers

Part 6 – Handling separations and reunions

Part 7 – Positive discipline - effective limit setting

Part 8 – Positive discipline - handling misbehaviour

These were delivered through two-hour sessions over 13 weeks by two trained group facilitators who promote peer support and shared learning.



76%

of enrollees went on to participate in the programme

74%

of enrollees went on to complete the programme

Why this project was developed

We knew that children in the Better Start Bradford area often experienced poor outcomes regarding their social, emotional and physical development.

There is evidence to suggest that the parent-infant relationship is associated with the ability of a child to regulate their own behaviour. In addition, the quality of the parent-infant relationship is key to the cognitive development of the child, especially in language development which in turn can also mediate against aggressive behaviours in young children.

The project aimed for parents/carers to experience an improvement in:

- Children's social and emotional development
- Understanding and confidence in using positive parenting strategies
- Parental mood or depression levels
- Children's eating/food behaviours, physical activity, and screen time

Impact and findings*

- Satisfaction with programme content and delivery was high, with 95% of parents/carers reporting that their bond with their child had improved or greatly improved. 84% reported that it helped them deal with personal or family problems not relating to their child. 74% reported they were confident or very confident in their ability to manage future behaviour problems.
- The ongoing effectiveness evaluation hopes to be able to move the project up the Early Intervention Foundation evidence ladder from level 2+ to level 4.
- Six facilitators are now accredited group leaders. This is unique nationally across Incredible Years teams!
- The most effective form of recruiting parents/carers was through face-to-face contact with a facilitator. This contact started to build a trusted relationship with the parents which led to positive engagement when contacting them to set up the home visits and join the programme.
- Home visits, before and after the programme, to collect questionnaire information have helped with relationships, worries or anxieties over attending, and with the amount of data collected. Some assessment tool questions needed additional explanation.
- Childcare and transport provision enabled parents to access groups and have a space to reflect, learn and focus on their parenting skills. Timings have been built around parent school/nursery drop-offs and pickups.
- A Start for Life contract enabled the project to deliver Incredible Years Pre-School Basic Programme district-wide.

*This section includes information from both the evaluation report/s and project

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staff are now fully accredited Incredible Years facilitators!

