

The Incredible Years® Series

Program Overview

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Program name

The Incredible Years® Series

Country of Origin

United States

Other Countries

Canada, Australia, United Kingdom, Denmark, Estonia, Finland, Ireland, Netherlands, New Zealand, Norway, Portugal, Russia, Singapore, Slovenia, Spain, Sweden

Implementation level of the program

Regional

Type of Program

Evidence-based

Description

The Incredible Years® Series is a set of interlocking, comprehensive, and developmentally based programs targeting parents, teachers and children. The training programs that compose Incredible Years® Series are guided by developmental theory on the role of multiple interacting risk and protective factors in the development of conduct problems. The programs are designed to work jointly to promote emotional, social, and academic competence and to prevent, reduce, and treat behavioral and emotional problems in young children.

There are separate parent programs for babies (0-1 year), toddlers (1-3 years), preschoolers (3-6 years) and school age children (6-12 years).

Age Range

0-3 years, 3-7 years

SEL Skills Targeted

Responsible decision-making, Relationship skills, Social awareness, Self-awareness, Self-management

Sequenced Activities

No information

Active Learning

The Incredible Years® Child Program curriculum strengthens children's social, emotional and academic competencies such as understanding and communicating feelings, using effective problem-solving strategies, managing anger, practicing friendship and conversational skills, as well as appropriate classroom behaviors.

Outcomes / Results

The Incredible program is evidence-based program with available journal paper and other types of material that provide evidence of effectiveness around the world.

Additional information and materials can be found at:

<https://www.incredibleyears.com/category/researchlibrary/key-research-library/>

Additional Information

<https://www.incredibleyears.com>

<https://pg.casel.org/incredible-years%E2%93%87-teacher-classroom-management-program-dinosaur-school/>

References

Reinke, W. M., Herman, K. C., & Dong, N. (2018). The Incredible Years Teacher Classroom Management Program: Outcomes from a Group Randomized Trial. Grantee Submission, 19, 1043–1054.

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Citation

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