

Incredible Years Parent Training Program Sample Curriculum Agenda

Week 1: Introduction, Goal Setting, and Child-Directed Play 101

Week 2: Academic and Persistence Coaching

Week 3: Social and Emotional Coaching

Week 4: Praise

Week 5: Reward Programs

Week 6: Routines and House Rules

Week 7: Limit Setting

Week 8: Follow Through

Week 9: Ignoring Inappropriate Child Behaviors

Week 10: Time Out to Calm Down

Week 11: Time Out for Aggression/Non-Compliance

Week 12: Natural and Logical Consequences

Week 13: Teaching Problem-Solving Strategies

Week 14: Review and Celebration