

Do you Want to **Promote** your Toddler's **Well-Being** and **Development?**



Incredible Years Toddler Schedule

Schedule
Friday 9:00-11:00 AM

| Session # | Topic |
|-----------|---|
| 1 | Child-Directed Play Promotes Positive Relationships |
| 2 | Promoting Toddler's Language With Child-Directed Coaching |
| 3 | Promoting Toddler's Language With Child-Directed Coaching (continued) |
| 4 | Coaching Toddler's Social and Emotional Competence |
| 5 | Coaching Toddler's Social and Emotional Competence (continued) |
| 6 | The Art of Effective Praise & Encouragement |
| 7 | Spontaneous Incentives for Toddlers |
| 8 | Handling Separations and Reunions with Toddlers |
| 9 | Positive Discipline and Effective Limit Setting |
| 10 | Positive Discipline and Effective Limit Setting (continued) |
| 11 | Positive Discipline-Handling Misbehavior |
| 12 | Positive Discipline-Handling Misbehavior (Continued) |
| 13 | Focus Group |

We are looking for English-speaking mothers who are 18 years old or older with toddler(s) 1-3 years old to participate in a voluntary, 12-week Children's Hospital Los Angeles research study. Our goal is to study the effects of the Incredible Years Toddler Program on parenting confidence, parent practices, toddler well-being, and toddler development.

Eligible mothers will participate in twelve (12) 2-hour online sessions. You will be asked to answer questions about you and your toddler at the beginning and end of the study. We will also ask you to take part in a group interview (focus group) with other parents in the study. The group interview will be audio-recorded. You may learn positive parenting skills that can ultimately promote your toddler's development and as well as your own health and well-being.

You will receive monetary payment for your participation (up to \$30).

TO ENROLL:

If you are interested, contact:

Dr. Joyce Javier at incrediblefamilies@chla.usc.edu

You may leave a message and a researcher will return your call.

