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Regionalt kunnskapssenter
for barn og unge

The power of positive parenting:

Experience with different parent skills programs:
Implementing Incredible Years® and Invest in Play® parent programs
in Norway.

Bjørn Brunborg, Clinical psychologist

Synnøve Teige, Clinical psychologist

Regional Centre for Child and Youth Mental Health and Child Welfare, Bergen

Agenda

Four Key Elements:

Content of Parental Support

Structure and Components

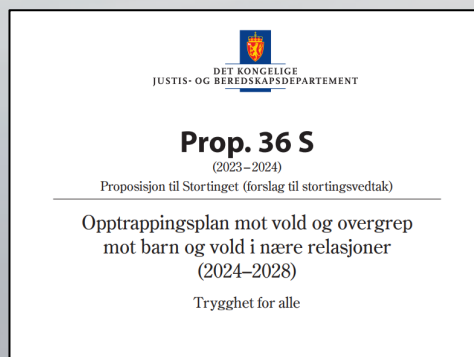
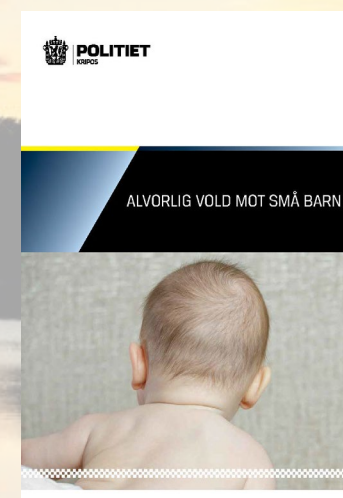
Dissemination

Implementation



Strategic National Guidelines and Reports

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Two examples for using parenting programs:

1. Preventing violence against children



2. Neurodiversity



Table 1: INSPIRE strategies, approaches and sectors for preventing and responding to violence against children aged 0–18 years

Strategy	Approach	Sectors	Cross-cutting activities
 Implementation and enforcement of laws	• Laws banning violent punishment of children by parents, teachers or other caregivers • Laws criminalizing sexual abuse and exploitation of children • Laws that prevent alcohol misuse • Laws limiting youth access to firearms and other weapons	Justice	Multisectoral actions and coordination
 Norms and values	• Changing adherence to restrictive and harmful gender and social norms • Community mobilization programmes • Bystander interventions	Health, Education, Social Welfare	
 Safe environments	• Reducing violence by addressing “hotspots” • Interrupting the spread of violence • Improving the built environment	Interior, Planning	
 Parent and caregiver support	• Delivered through home visits • Delivered in groups in community settings • Delivered through comprehensive programmes	Social Welfare, Health	Monitoring and evaluation
 Income and economic strengthening	• Cash transfers • Group saving and loans combined with gender equity training • Microfinance combined with gender norm training	Finance, Labour	
 Response and support services	• Counselling and therapeutic approaches • Screening combined with interventions • Treatment programmes for juvenile offenders in the criminal justice system • Foster care interventions involving social welfare services	Health, Justice, Social Welfare	
 Education and life skills	• Increase enrolment in pre-school, primary and secondary schools • Establish a safe and enabling school environment • Improve children’s knowledge about sexual abuse and how to protect themselves against it • Life and social skills training • Adolescent intimate partner violence prevention programmes	Education	

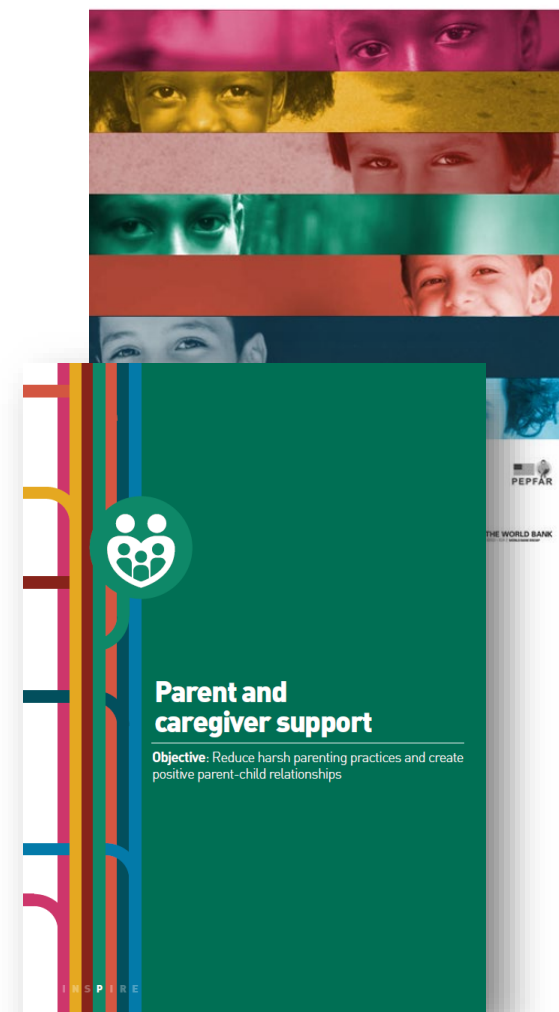


World Health Organization

INSPIRE

Seven Strategies for Ending Violence Against Children

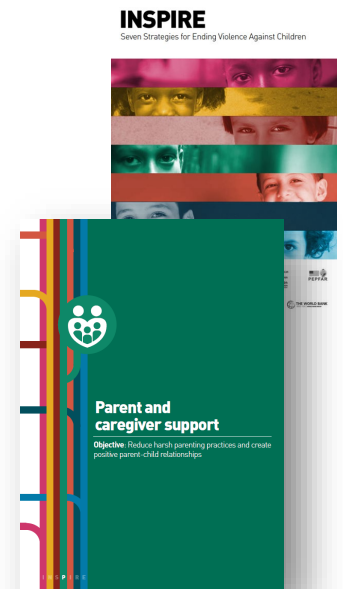
WHO Library Cataloguing-in-Publication Data: INSPIRE: seven strategies for ending violence against children (2016).



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Effects over time of parenting interventions to reduce physical and emotional violence against children: a systematic review and meta-analysis - 2023

Main message:

Parenting interventions based on **social learning theory** are effective in reducing physical and emotional violent parenting behaviors.

This systematic review and meta-analysis included a large number of randomized controlled trials (RCTs) from 22 countries, providing a robust basis for these findings

Backhaus, S., Leijten, P., Jochim, J., Melendez-Torres, G. J., & Gardner, F. (2023). Effects over time of parenting interventions to reduce physical and emotional violence against children: a systematic review and meta-analysis. *eClinicalMedicine*, 60, 102003. <https://doi.org/10.1016/j.eclinm.2023.102003>

Articles

Effects over time of parenting interventions to reduce physical and emotional violence against children: a systematic review and meta-analysis



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Summary
Background Violence against children affects over one billion children globally. International organisations promote parenting interventions as a main strategy to reduce violence against children. Parenting interventions have therefore been implemented rapidly across the globe. Yet, evidence for their longer-term effects remains unclear. We integrated global evidence to estimate effects over time of parenting interventions to reduce physical and emotional violence against children.

eClinicalMedicine
2023;60: 102003
Published Online 18 May 2023
<https://doi.org/10.1016/j.eclinm.2023.102003>

Example 2 - Neurodiversity:
Children with ADHD often experiencing negative
interactions with their environment.

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ADHD difficulties, common symptoms:

1. Easily distracted
2. Inattentive
3. Attention difficulties
4. Hyperactivity
5. Unstructured behavior
6. Impulsivity
7. Difficulty regulating emotions



May lead to:

1. Nagging
2. Reprimands
3. Scolding / yelling
4. Conflicts
5. Resignation
6. Anger
7. Harsh treatment
8. Violence



Behavioral difficulties?

Experiences of trauma?



Effective parent programs

1. The most effective parenting programs **teach parents skills** and **improving parent-child interactions** – **through discussions, practice, roleplay etc.**
2. Changing knowledge and attitudes is an important first step, ***but not enough*** for behavior change.

Frances Gardner,
Professor of Child & Family Psychology
Centre For Evidence-Based Intervention
Department of Social Policy & Intervention,
Oxford University, UK



Content

Structure

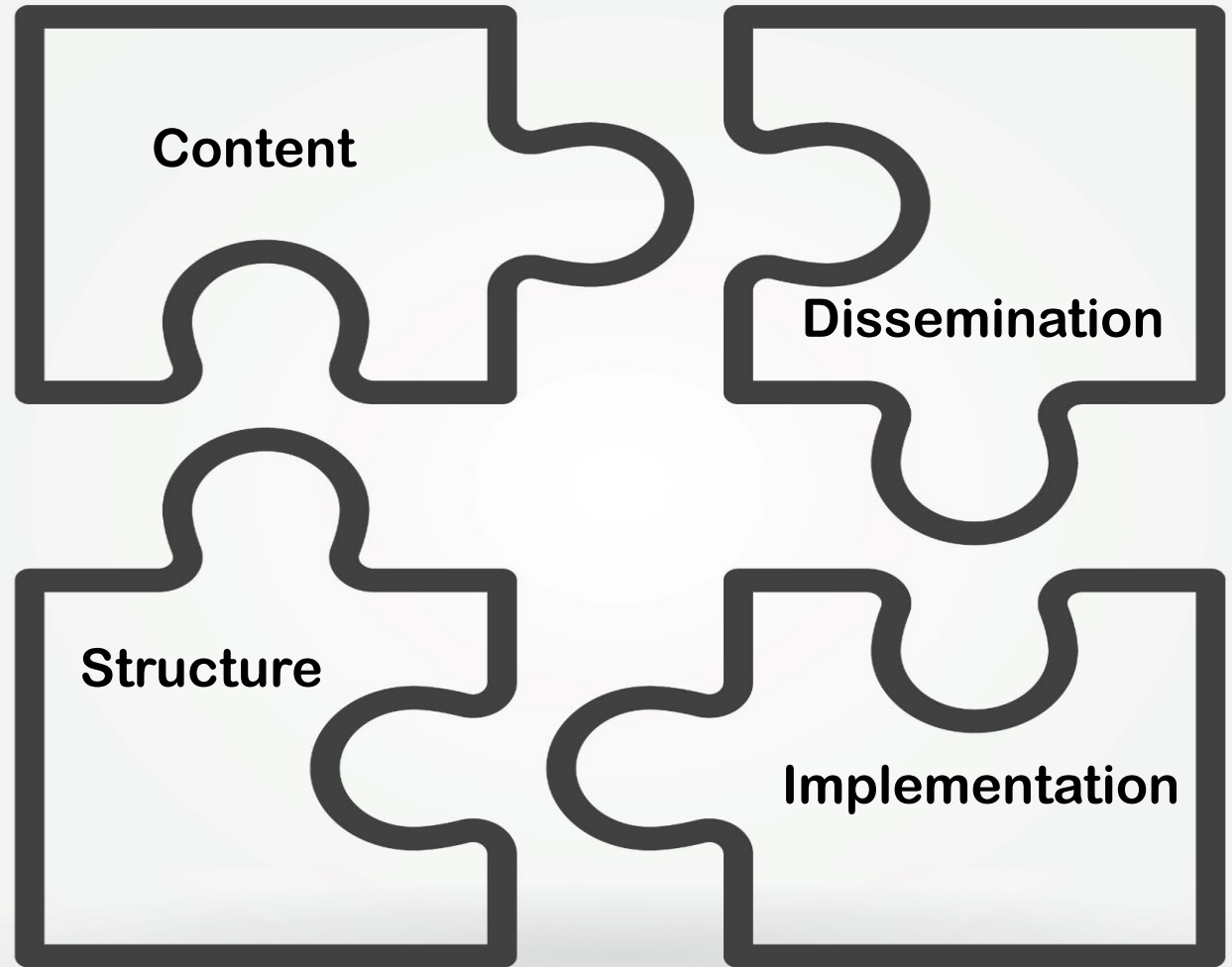
Dissemination

Implementation

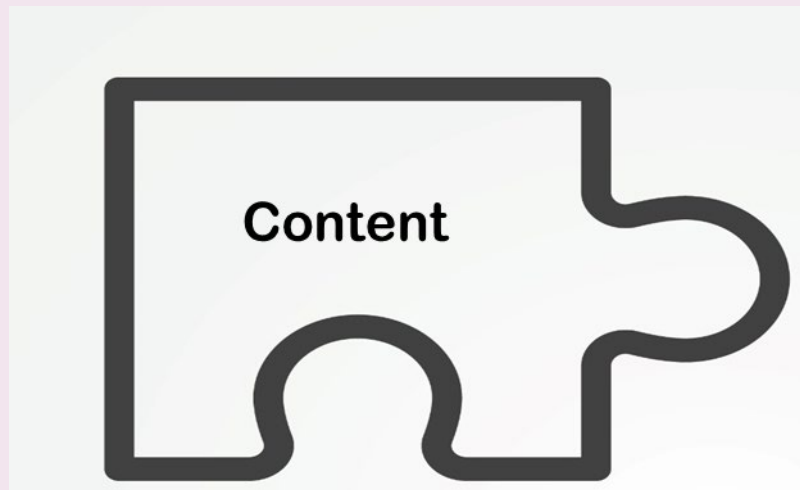
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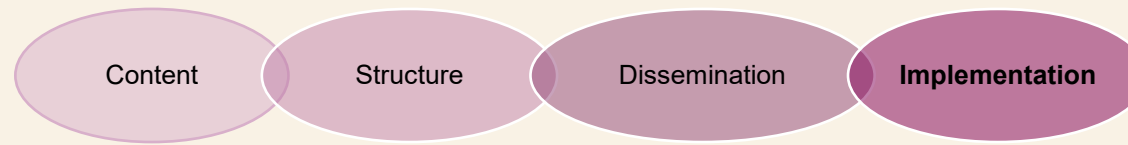
Parent training

Four key elements

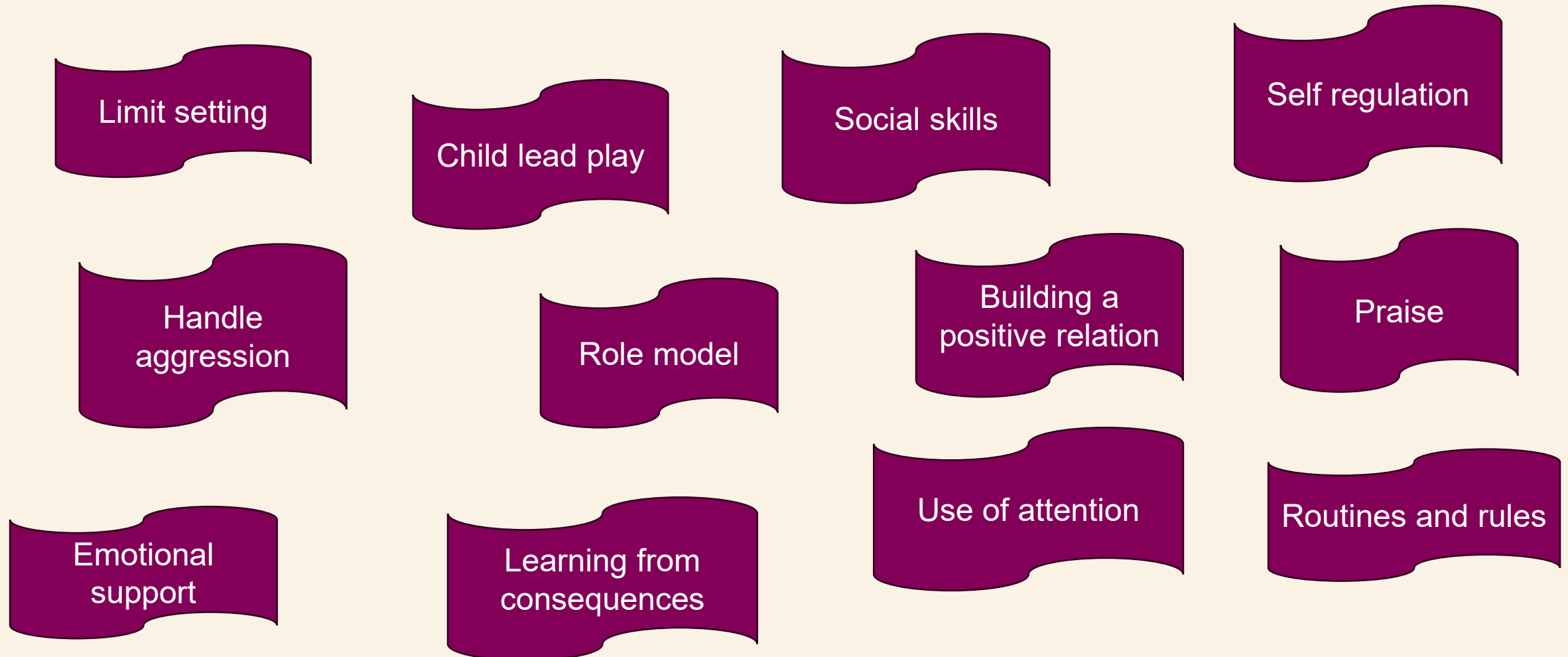


Content and Components

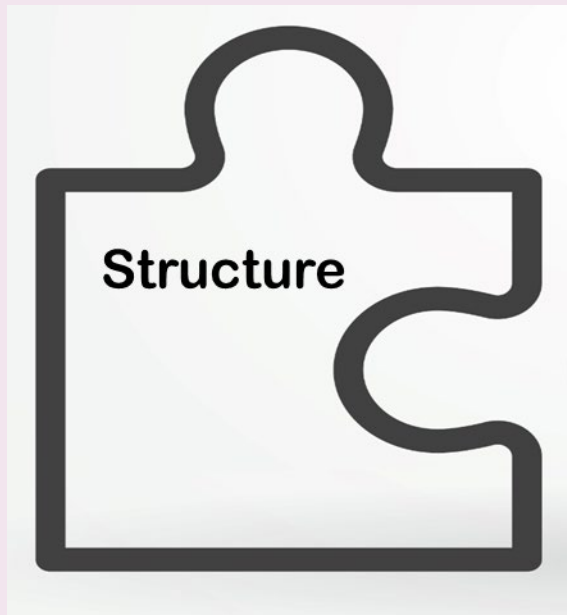


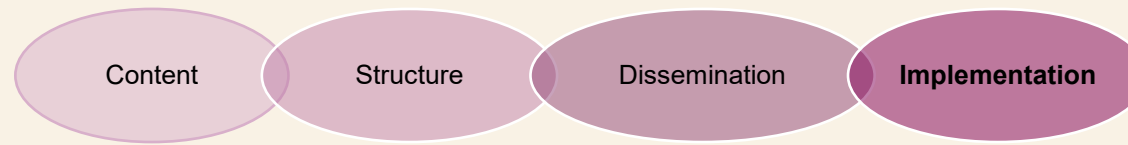


Examples of typical components in parent training

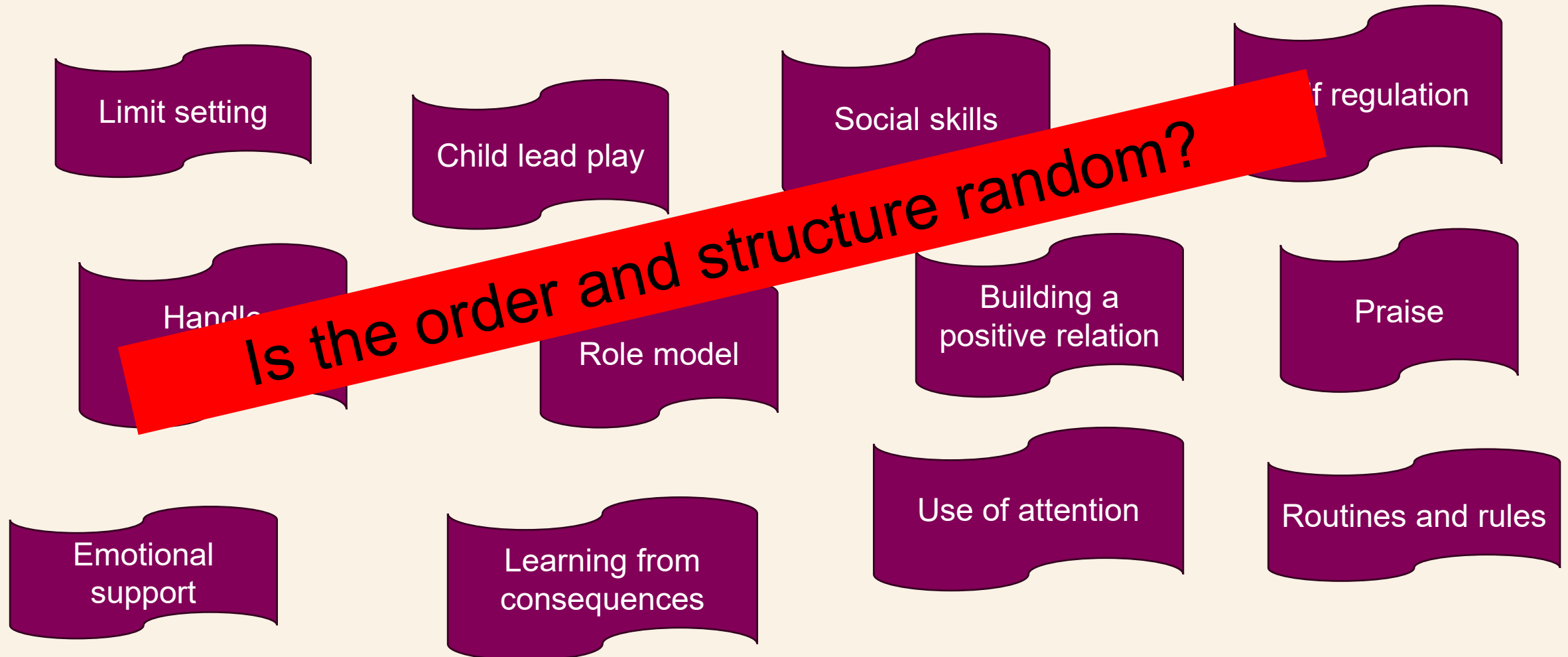


Structure



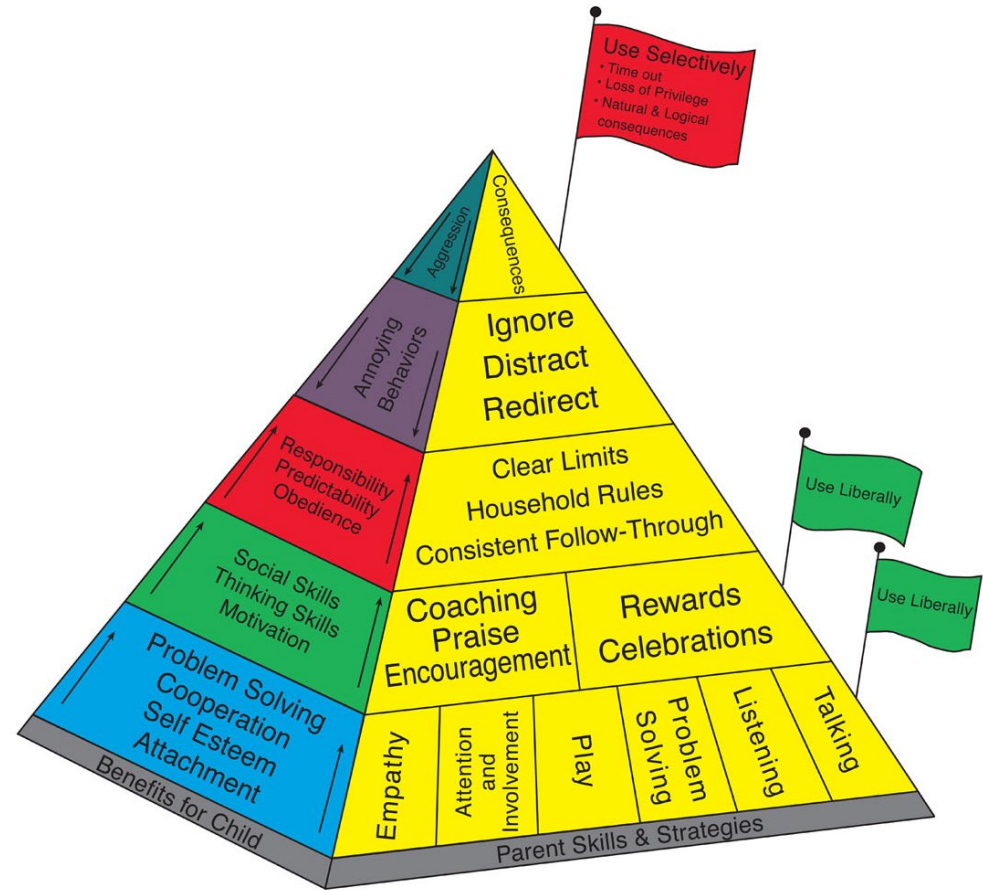
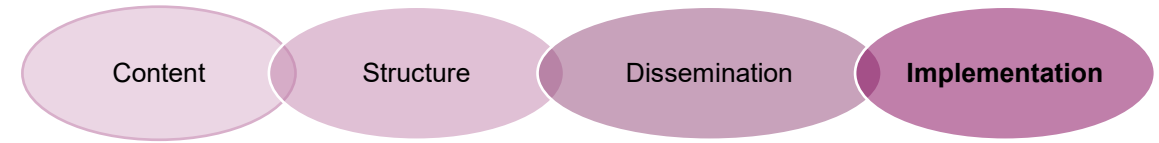


Examples of typical components in parent training



The Incredible Years Parent Program

An evidence-based series designed to support parents and caregivers in enhancing their parenting skills and improving their children's social and emotional development.



Parenting Pyramid®

Six Bricks for Kids



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Invest in Play

Progressing towards structure, routines, limit setting, selective attention and handling aggression.



Starting with the relationship-building theme; adults' self-regulation, play, social and emotional skills, praise...

Innhold

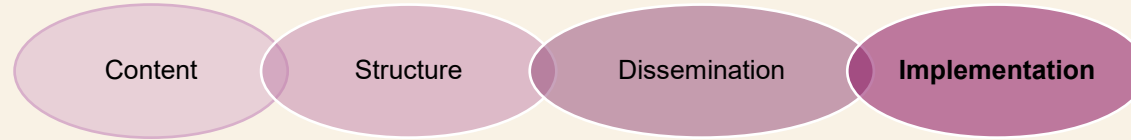
Struktur

Formidling

Nivå

Dissemination





Differences between the counseling approach and the empowerment approach

Counseling Approach:

Counselor Role:

Counselor acts as an expert, providing clients with specific advice and solutions to problems.

Client role:

Clients are generally seen as recipients of information and advice, rather than active participants.

Dependency

Can result in parents becoming dependent on counselors for resolving future issues.



Empowerment Approach:

Counselor Role :

The counselor acts as a guide or facilitator, supporting the parents' own resources and abilities.

Parent Role:

Parents are viewed as competent and capable actors who actively participate in the process and make decisions.

Independence:

Promotes self-sufficiency with the aim of enabling parents to utilize their own resources and decision-making skills.

menting Incredible Years® and Invest in Play® parent programs in Norway.

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- ✓ Build on social learning theory
- ✓ In group settings
- ✓ Use videos, practice and roleplays, group discussions
- ✓ Content built from many years of research
- ✓ Clear structure of content
- ✓ Focus on collaborative leadership – empowerment



- Existed for many years
- Thoroughly researched
- American videos – on DVD og Stick
- Large manual – in paperform



- New program
- Not yet done much research
- Video from your country – in your language
- Short manual – all digital

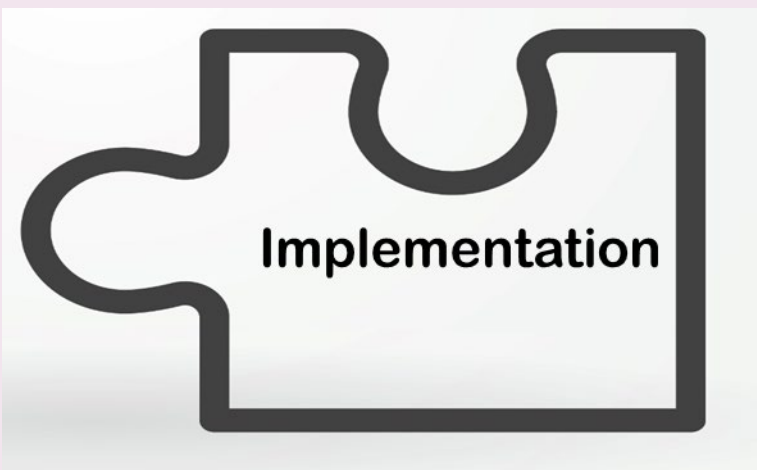
Content

Structure

Dissemination

Implementation

The important implementation



Implementation



På hvilket nivå er veiledningen eller tiltaket mitt?

Question about predictable financing in municipalities.





Helsedirektoratet
Norwegian Directorate of Health

The importance of predictable financing from Norwegian Directorate of Health

national Centre for Child and Youth Mental Health and Child Welfare

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Regionsenter for barn og
unges psykiske helse
Helseregion Øst og Sør

For organizations this means:

- Free training.
- Free access to material/manuals etc.
- Free supervision.
- Free access to consultation days etc.

Organizations cover:

- Time, materials, travel expenses.

This helps to equal access for municipalities to implement IY and iIP
Ex small/large, urban/rural areas, differences in economical abilities.

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Incredible Years® – Purvayor in Norway



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RBUP Øst Sør



Regionsenter for barn og
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Helseregion Øst og Sør



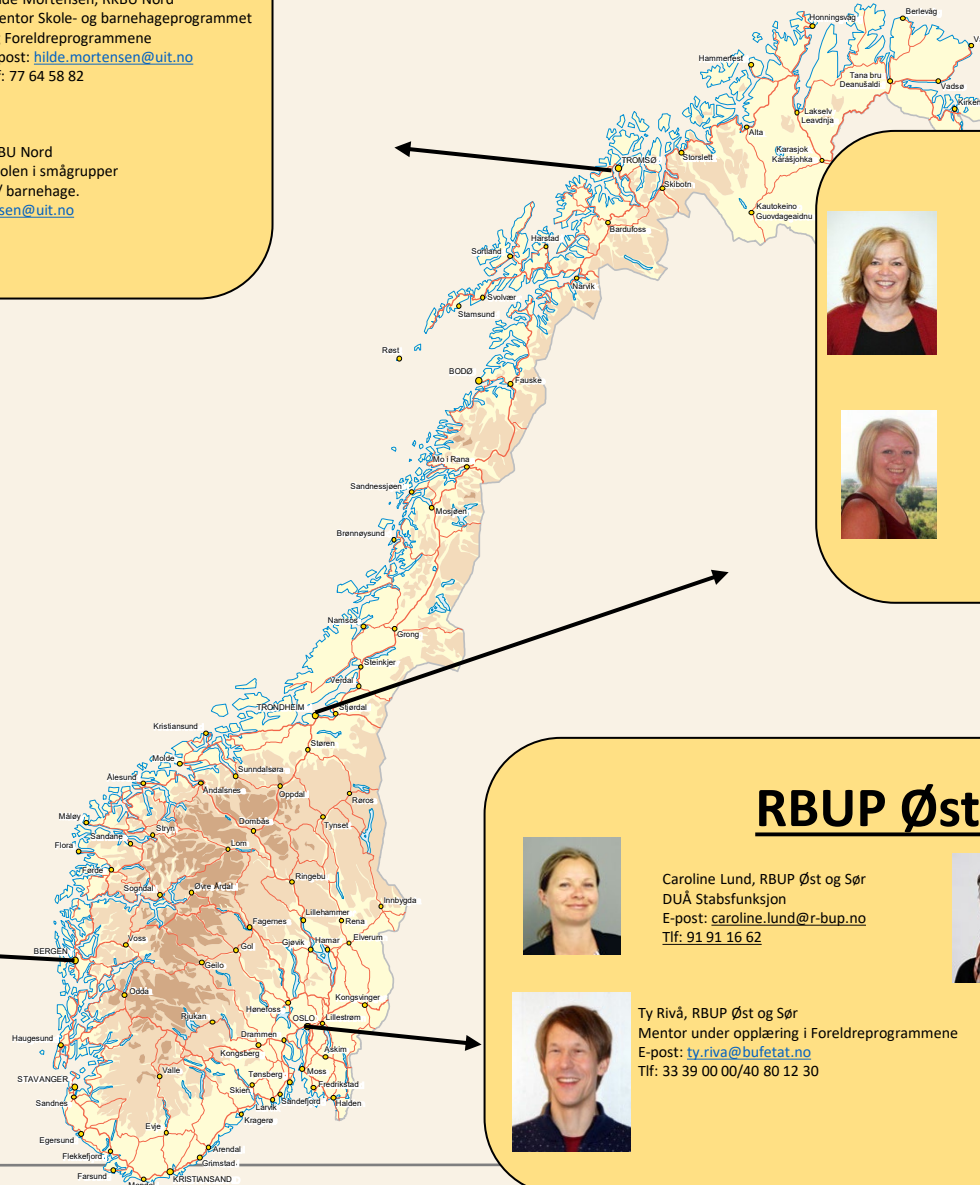
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Invest in Play® – Purvayor in Norway

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Oddbjørn Løndal
Trainer: kandidat



UiT RKBU Nord

RKBU Vest

Stab: Eva Schaathun

Bjørn Brunborg
Trainer

Synnøve Teige
Trainer kandidat

Monica Sture
Trainer kandidat

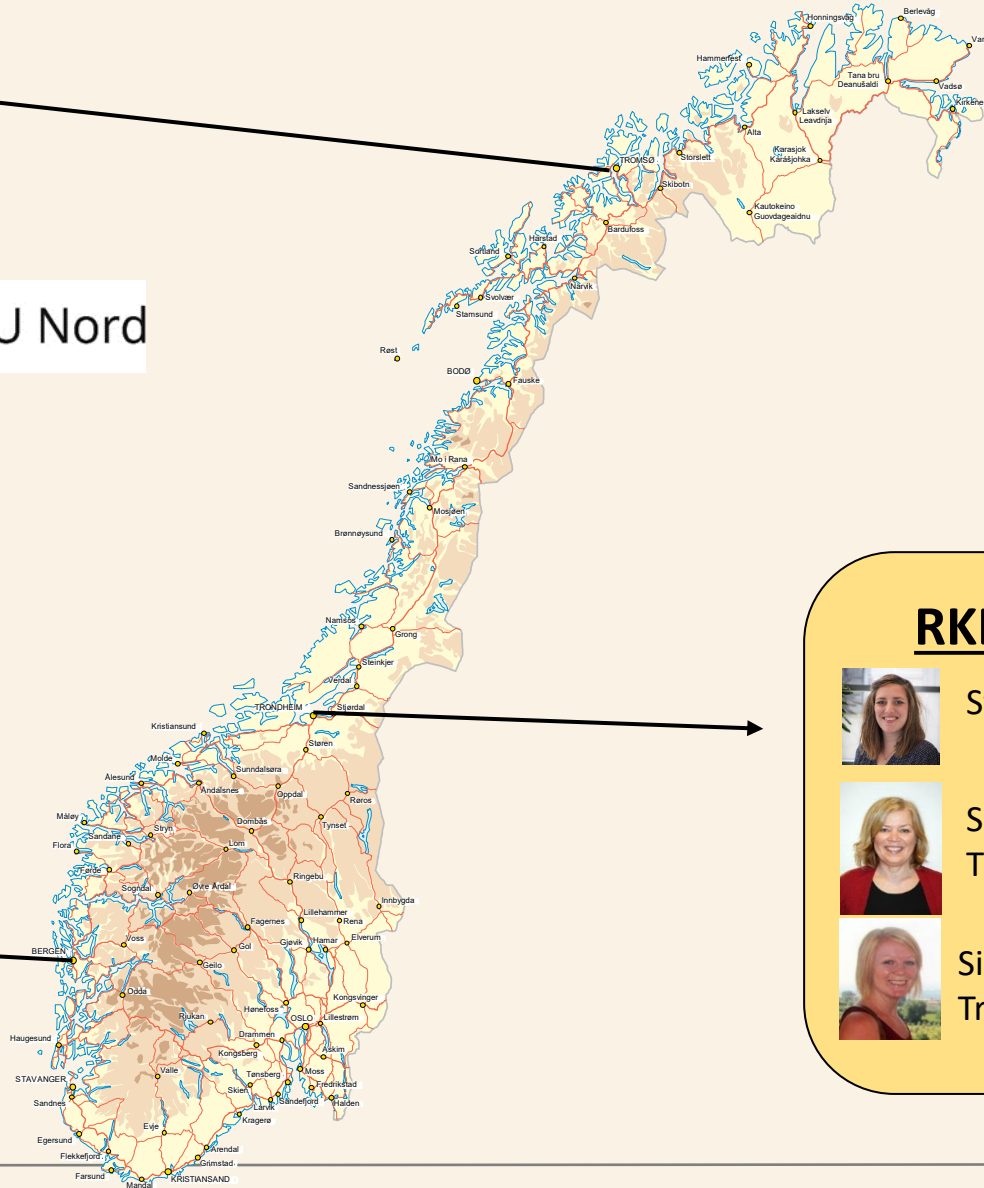
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RKBU Midt-Norge

Stab: Tina Sørevik

Siri Gammelsæter
Trainer

Sigrid Ness
Trainer kandidat



Norwegian
success factors for
sustainable
implementation in
Norway – to sum
up:

Predictable financing

Planning for sustainable
implementation

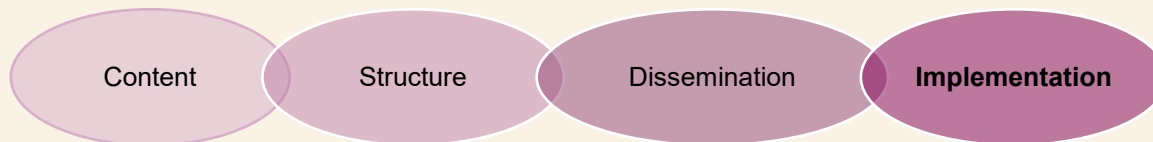
The Purveyor :

A national structure for providing the
programs

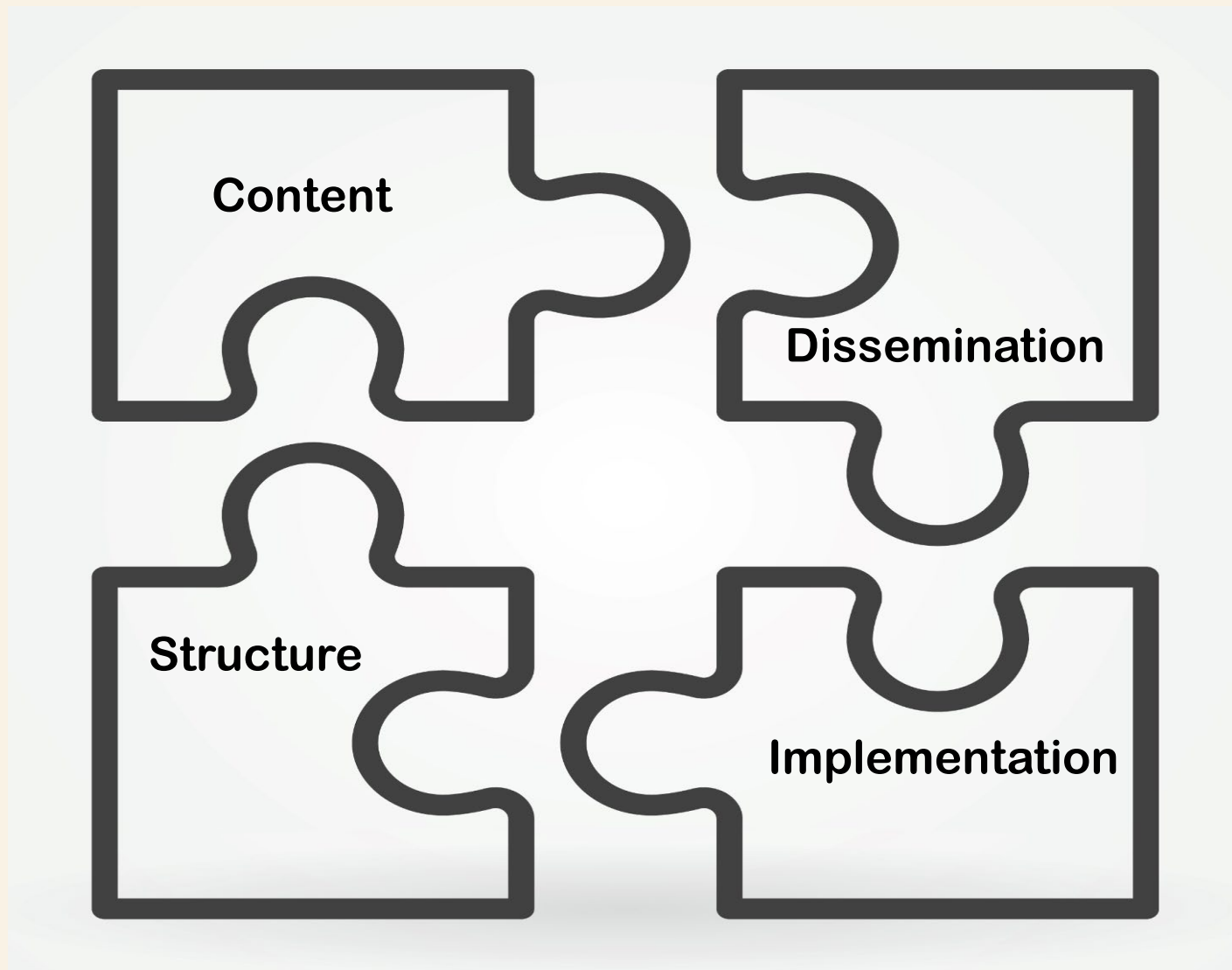
Support from government

Ex: National Guidelines and National
Strategic documents.

Parent training our key elements

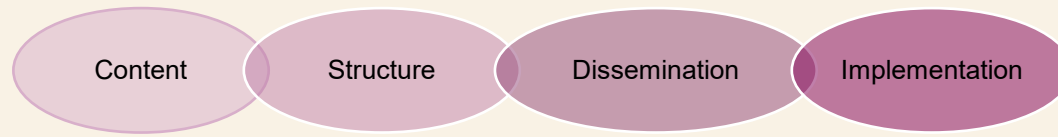
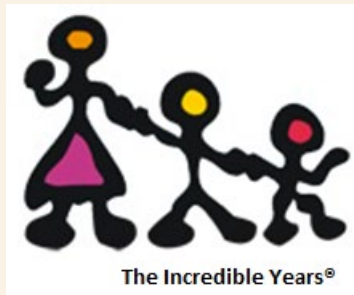


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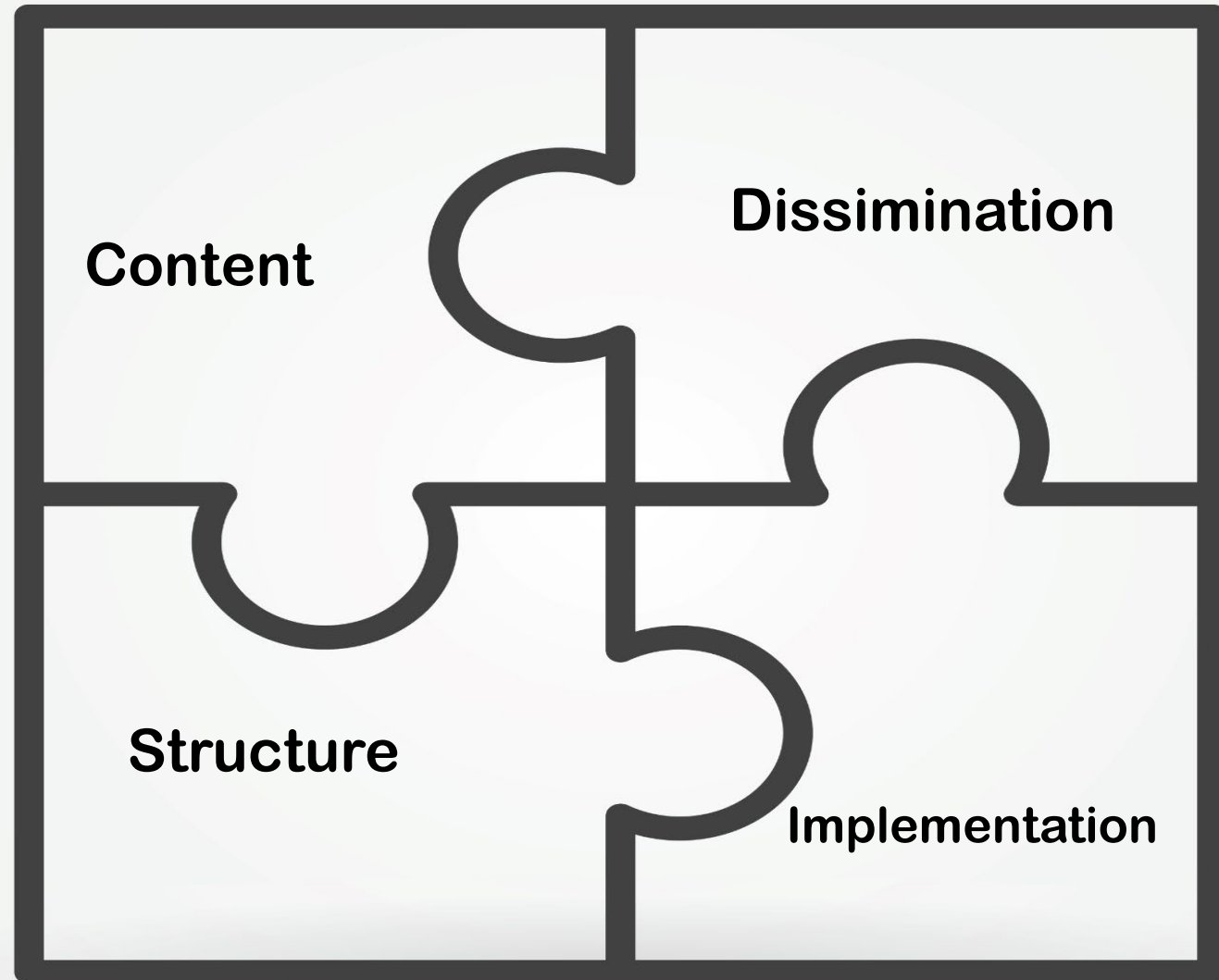


Parent training

Our key elements both:



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nøve Teige, Clinical psychologist

gional Centre for Child and Youth Mental Health and Child Welfare, Bergen