

Table 1

		Curriculum: Detailed Session Contents of “ICDP-USA: The Best Start for Families - A Health Equity Approach”	August 2018
Changing Children’s Worlds Foundation			
16 Weeks		* <i>Parents keep children under 2 years with them; Children 2-5 years have childcare; Children 5/6 years-16 participate in a facilitated Children’s/Youth Program.</i> ** <i>Transportation costs to be covered by DCFS/Other.</i>	
INTRO Session	Family CAFE or Focus Group	An introductory session offers parents an opportunity to explore the program environment, by discussing themselves as people/parents, and also identifying and prioritizing their needs and the needs of their children as relates to a parenting group. Protective Factors Overview.	
Initial In-Person Meeting	Home or Designated Location	A CCWF Facilitator meets with the DCFS Parents and Children (intact or re-integrating families) for introductions, to assess in areas of ICDP Guidelines (below), to begin to model positive caregiver-child interactions and to provide positive reinforcement. Begin PRE-EVALUATION Process.	
UNIT 1: ICDP Session 1	ICDP Intro	Explore conceptions about children, about the caregiver’s role and about childrearing activities. Reactivate positive aspects in local childrearing practices and traditions. Children may be present. <i>Ref: Positive Family/Friend Networks; Daily Routines; Parenting Styles; Child Development Scenarios; Adverse Childhood Experiences; Child Discipline in conversation.</i> Continue PRE-EVALUATION Process.	
Session 2			
Session 3	Empathy and Emotional Interaction	Explore the concept of empathy and its critical role in effectively communicating with children. Explore the concept of caregiver/child attunement and its essential role in child’s emotional development. <i>Ref: Importance of Play & Enjoying Time with our Children; Child Development Scenarios; Communicating with Children; Reflection on our Parent-Child Interactions; Parent Triggers; Relaxation Techniques; Reading to Children.</i>	
Session 4	The Three ICDP Dialogues	Emotional Dialogue: Explore elements of good emotional communication--giving love, praise and approval, allowing the child to lead, which leads to the child self-confidence and positive development. Comprehension Dialogue: Explore communication that describes and expands the child’s understanding of the world. Regulation Dialogue: Explore how to positively regulate children’s behavior, set limits (positive discipline). <i>Ref: Zone of Empathy, Empathic Communication, Yes & No Cycles, Child Development Scenarios; Family Traditions; Meditation Techniques. [child abuse-selective]</i>	
Session 5	Social/Emotional Guidelines (1-4)	Guideline 1: How do you show positive feelings, that you love your child? <i>Ref: Resolving Conflicts, Child Development Scenarios.</i>	
Session 6		Guideline 2: How do you follow and respond to the initiatives of your child? <i>Ref: Building Children’s Confidence; Helping Children have self-control; Child Development Scenarios.</i>	
Session 7		Guideline 3: How do you hold an intimate dialogue with your child with and without words? <i>Ref: Child Development Scenarios; Good Communications & Getting help for Child Abuse-Why.</i>	
Session 8		Guideline 4: How do you give praise and approval for what your child does? <i>Ref: Child Development Scenarios; Introducing Consequences.</i>	
Session 9		Guideline 5: How do you share experiences and focus your child’s attention with yours? <i>Ref: Child Development Scenarios; Family Meetings/Discussion; Effects of Punishment.</i>	
Mid-Term In-Person Meeting	Home or Designated Location	A CCWF Facilitator meets with the DCFS Parents (Optional with Children-intact or re-integrating families, depending on need for program review/study) to coach on and assess integration of ICDP Sessions 1-9/Guidelines 1-5, observe and provide feedback, as well as to model positive caregiver-child interactions and to provide positive reinforcement. Focus on specific family issues as relates to these Sessions/Guidelines.	
UNIT 2: Session 10	Comprehension (Cognitive Development) Guidelines (5-7)	Guideline 6: How do you describe and give meaning to your child’s experiences and show enthusiasm for your child’s experiences? <i>Ref: Helping Children understand situations/Communicate; Child Development Scenarios; Supporting Children’s Creative Outlets.</i>	
Session 11		Guideline 7: How do you expand and enrich your child’s experiences by connecting topics and by making connections through imagination and creativity? <i>Ref: Supporting Children in strategic thinking; Child Development Scenarios.</i>	
Session 12	Regulation (Self Control & Discipline) Guidelines (8a-d)	Guideline 8a: How do you support your child to plan step-by-step guidance to develop self-control? <i>Ref: Supporting Children’s Understanding, Communications and Self-Control (protective factors); Child Development Scenarios.</i>	
Session 13		Guideline 8b: -How do you support your child with scaffolding (gradual support) to encourage their initiative and competency? <i>Ref: Children’s Self-Understanding, Self-Control, Expression of Emotions; Child Development Scenarios.</i>	
Session 14		Guideline 8c: Situational Regulation: How do you use situations and set routines to guide behavior? <i>Ref: Helping Children follow situational rules and routines; ICDP Positive Time-Outs & Re-direction Review; Addressing Environmental Stress/Violence; Bringing up Sensitive Children (W.H.O.); Child Development Scenarios.</i>	

Session 15	Advanced Child Discipline Conclusion and Planning Session	Guideline 8d: How do you positively set consequences to develop responsibility and moral understanding? <i>Ref: Coaching Children to Succeed in Positive Behavior; Child Development Scenarios; Using our self-control to help children succeed; Bringing up Sensitive Children (W.H.O.); Review Protective Factors.</i>	
Session 16		Develop and present interactive videos of caregiver-child interactions. Children may be present. ICDP program evaluation. Group continuation discussion. POST-EVALUATION PROCESS. + CELEBRATE SUCCESSES & Encourage Future. <i>Ref: Reminder of Mindfulness to release our stress & anxiety and helping our children do the same.</i>	
Post (or during Regulation) Review – In-Person Meeting	Home or Designated Location	A CCWF Facilitator meets with the DCFS Parents (Optional with Children-intact or re-integrating families, depending on need for program review/study) to coach on and assess integration of ICDP Sessions 1-9/Guidelines 1-5, observe and provide feedback, as well as to model positive caregiver-child interactions and to provide positive reinforcement. Focus on specific family issues as relates to these Sessions/Guidelines.	
Final In-Person Meeting	Home or Designated Location	A CCWF Facilitator meets with the DCFS Parents and Children (intact or re-integrating families) to coach and assess integration of of ICDP Sessions 10-16/Guidelines 6-8d, observe and provide feedback, as well as to model positive caregiver-child interactions and to provide positive reinforcement. <i>Ref: Review progress/challenges with specific issues. Parents' personal "Parenting Strategy" for Future.</i> <i>Complete Post-Evaluation Process if needed.</i>	