Dina Dinosaur School
Child Training Program
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Ice Breaker

Shake hands with a friend and say hello x3

It’s dinosaur school today, you know!
Dina’s School Rules:
1. Eyes on the teacher
2. Quiet, hands up
3. Listening ears
4. Inside voices
5. Working hard
Show me five.
The Five W’s

1) Who?

• Children aged 3-8 with social, emotional or behavioural concerns or diagnoses such as:
  • Oppositional Defiant Disorder
  • Attention Deficit Hyperactivity Disorder
  • Conduct Disorder

• Parents are involved in the at-home portion of the intervention

• Can be implemented by counsellors, therapists, SERTS, or other trained professionals
2) What?

- A curriculum of five units delivered in a classroom format
  - How to Do Your Best in School
  - Understanding and Detecting Feelings
  - Detective Wally Teaches Problem-Solving Steps (Restraining impulsivity and thinking about consequences)
  - Detective Wally Teaches Problem-Solving Steps (Recognizing and managing anger)
  - Molly Manners Teaches How to Be Friendly
2) What? *Cont’d

- Children engage in role playing with puppets, watching video vignettes, and table activities
3) Where?

- It can be implemented through small treatment groups offered by mental health agencies, such as Adventure Place and CAMH.
- The curriculum can also be offered within a school classroom setting for all children, with a focus on prevention of maladaptive behaviour.
4) When?

- The small group intervention takes place in 2-hour sessions each week for 18 to 22 weeks
- The school classroom curriculum takes place throughout the entire school year in two 1-hour sessions each week
5) Why? It’s Evidence-Based!

- Found to lead to significant decreases in conduct problems in a pre- and post-intervention comparison, whereas the control group showed increases in behavioural issues (Webster-Stratton, Reid, & Hammond, 2001)
- Children were able to provide a greater number and variety of prosocial solutions to hypothetical conflict situations (Webster-Stratton et al., 2001)
5) Why? It’s Evidence-Based! *Cont’d

• Helps children build the skills of making friends, conflict resolution and social problem-solving skills, and peer group-entry skills (Best Start Expert Panel on Early Learning, 2007)

• Benefits have been shown to be maintained over time and generalized across environments (Webster-Stratton et al., 2001; Webster-Stratton & Reid, 2003)

• Note: Carolyn Webster-Stratton is the creator of the program
How is the Dinosaur Curriculum Implemented?

- 3 DVD Set (4 hours)
- Comprehensive Therapist Manual
- Dinosaur Home Activities Manual
- Wally’s Detective Books for Solving Problems (set of 4)
- Wally’s Feeling Wheel Posters (2 types)
- Calm Down Thermometer Poster
- Wally’s Detective Kit Box (47 laminated and colored cue cards for teaching social skills, anger management and problem solving concepts)
- Stickers
- Dina Magnet
- *Incredible Teachers* Book

(The Incredible Years, 2013)
Pop Quiz!

What are some general strategies you might use to shape or change negative behaviours?
Strategies for Behaviour

**General Strategies**
- Positive reinforcement
- Natural consequences
- Token economy
- Extinction/Ignoring
- Redirection

**Dinosaur School Strategies**
- Positive reinforcement
- Time out
- Dinosaur Tokens
- Children called on only when displaying appropriate behaviour
- Children have opportunities to be a leader
Calm Down Thermometer

If you are feeling frustrated, your body will look like this:

If you are feeling happy and calm, your body will look like this:
1. When you feel upset, find the designated ‘Calm Down’ area and sit down.
2. Stop and think! Take THREE deep breaths. Ask yourself if you feel better or if you need to take more deep breaths.
3. If you have calmed down into the green zone, your body is relaxed and you can go back to the group?
Implementation Investigation

Professionals have stated that the intervention itself has been very successful

- The children are developing positive behaviours
- The children have been really engaged within the role play and activities
- The puppets have “come alive” and the children love them!

However, some aspects of the implementation have been a struggle for the professionals in regards to:

- Limited time frame to practice and implement the program
- Program delivery
Strengths

• Intervention within an intervention

• Materials
  • Cool down thermometer, puppets, fidelity checklists
  • Video vignettes show real-life situations

• Implementer training is extensive

• Intervention can be tailored to children’s needs

• Uses a collaborative approach (Webster-Stratton, 2004)
Strengths

• Variety of puppets representing the ethnicity and gender of the children in the group are used (Webster-Stratton & Reid, 2003)
• Aspects of the program can be implemented in multiple settings
• Includes parents through at-home portion
• “Side effects”
  • Communication, language, writing
Weaknesses

- Consideration of developmental levels (Webster-Stratton & Reid, 2003)
- Potential for children to reinforce each other’s negative behaviours (Webster-Stratton & Reid, 2003)
- Accreditation is not necessary for trainers to implement the program
- Rigidity
  - Implementers *must* play the same puppet character every time
  - Fidelity checklists are very specific
Role of the Consultant

• Possible to become trained in order to offer the intervention within your agency
• Educate families about the program and making referrals
• Assist the parents, child care staff, or school teachers in using strategies/vocabulary from the program across settings
• Support parents in the at-home portion of the program
Recommendations and Considerations

- This intervention appears to be appropriate for the intended audience, however age 3 may be too young for children to understand all the content
- Could potentially be beneficial to include typically developing children to reduce reinforcement of negative behaviours
- Implementers should consider time commitment, due to rigidity of the program
- Parents should consider the amount of their involvement required, to be sure they can commit to helping child with at-home activities
Thank you!

Any questions or thoughts?


The Incredible Years. (2014, February 13). Child Program Overview (Brief) [Video File]. Retrieved from https://www.youtube.com/watch?v=7ncHOZv2EJg
