

Incredible Years Autism transcript

(IYA programme participants role playing with hand puppets)

“Hey buddy, guess what I got? Hello Liam, it’s Mr Shark here... You want to play with me?”.

“Okay, Daddy.”

Caregivers – IYA programme participants: So he does the kindy pick-ups and so on. And if he's been given some really awesome, feedback, then he will come back and he'll be like, “Mummy, guess what Liam did”. And you can just see Liam just light up, and he's so chuffed of himself.

Caregiver – IYA programme participant: But now, he’s sort of learned to then wait his turn, then distract him with other things. And even though he's like itching trying to get another toy, I’m like, “thank you for waiting, you're doing a good job”. And then now he's saying, “good”, I'm like, “yes”.

Caregivers – IYA programme participants: So my son, I tried the same trick, which the father used in the vignette and it's really worked for my son. He sees the bubble bottle. He says, “bubba”. So it's very helpful.

It's actually worked for us because our son is non-verbal. Yes. So him just saying, picking up the bottle of bubbles and saying “bubba”, you know, that's a big step forward.

Teacher – IYA programme participant: So getting into the spotlight, we actually came and rolled down the ramp and it was actually me physically getting down to his level because he does do a lot of laying down on the ground. And so that was something that we were actually able to connect in that way. And that was something that he really benefited from. And I hadn't actually thought of that previously.

Caregiver – IYA programme participant: The group is so supportive, so we kind of create a circle of trust in the beginning and go through ground rules on how, what we say in the room is a safe place. And also just that sense of community, because you realize, oh, I'm not the only one dealing with this. And then you can like rest on other people's shoulders and get ideas from them too.

Caregiver – IYA programme participant: I had no idea that other parents were experiencing the same thing that I did. I thought it was it was sort of an internal struggle, but coming and hearing other parents talk about what they're going through with their kids, what they're experiencing, it felt like I am with people that actually understand.

Resource Teacher Learning and Behaviour – IYA programme facilitator: One child might respond beautifully to verbal praise and another to hugs. We call it love language.

Caregiver – IYA programme participant: Incredible Years has been great. As a brother to Vanni I think it was important for me personally to understand what he has and what I can do as older brother to help him.

Resource Teacher Learning and Behaviour – IYA programme facilitator: In terms of supporting students transitioning from the ECE centre to school, if we've got the parent and the teacher at the ECE, who have done the Incredible Years program, as well as the teacher at this primary school that they're transitioning to, then it's all about consistency. So that we know the same strategy is going to be used. It's nothing new for the student, so they're already familiar with what's going on.

Caregivers – IYA programme participants: A lot of the time we were getting quite frustrated and we're getting...really impatient, but after learning all these tools and techniques, it's actually about us taking a step back and going, okay, hold on, reassessing. It wasn't so much that Liam needed help, it was more us. It was more so us. We needed to learn how to play at Liam's level. Yeah, engage with him.

Resource Teacher Learning and Behaviour – IYA programme facilitator: It's a program that you actually are going on a journey where you're actually learning about yourself as well. So it's not just about you learning about the children that you work with and the teachers that you work with, you're also reflecting on you as well as a person, and I actually have used a lot of those strategies with my own family.

Caregiver – IYA programme participant: But it also really makes you realize, wow, I can just do little things that make a difference in my kid with autism's life. Focusing on the positive makes everyone happier, so it's just all around been really good for our family.

Caregiver – IYA programme participant: I just would recommend this course to absolutely anyone, parents, teachers, even leaders, primary school. Because I've actually recommended it through to our primary school, within our community that we connect with, because I feel it will definitely filter down to, again, empower all of our children.