


EmPeCemos: *Emociones, Pensamientos y Conductas para un desarrollo saludable*

Family Component

Programme's structure

The "EmPeCemos" family programme was designed to be put into practice in small groups of parents (max. 10-12 persons) during 12 weekly sessions of 1½ or 2 hours each. The table below shows the issues to be discussed in the different sessions:

"EmPeCemos" Programme For Parents	
	CONTENTS
	Strategies to promote positive behaviour in children
	Family-school cooperation and academic support at home
	Setting suitable rules and expectations for the child's age
	Techniques aimed at handling and reducing disruptive behaviour in children
	Self control, communication and problem solving skills

Aims of the programme

The parents' component of the "EmPeCemos" Programme aims to train parents in effective skills to:

- promote prosocial behaviour in their children, and
- reduce their problem behaviour.

Programme materials

- 1) *Guide's Handbook*
- 2) *"Cards" and "Reminder notes" for parents*
- 3) *All necessary videographic material to apply the programme.*

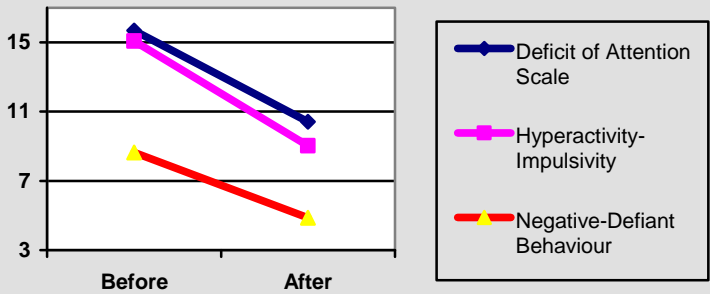
Programme's methodology

The training methods to be used in this programme include explanations, observation of situations that illustrate the use of the programme's techniques, debates, sketches (life or on tape), trials during the sessions and practice at home. Parents observe how other parents face similar situations; they discuss them and practice by themselves the use of the appropriate technique.

In order to adapt the programme to the participants' specific needs "EmPeCemos" includes periodic contacts (face to face or by phone) to the participants providing individualized advice.

Evidences of effectiveness

The parents' component of the "EmPeCemos" Programme has already been applied on a sample of 154 participants and evaluated in consecutive studies carried out in Galicia in the framework of different research projects founded by the Spanish Directorate-General of Scientific and Technical Research, the María José Jove Foundation and the Spanish National Plan on Drugs between academic years 2005/06 and 2007/08. Among the results we have obtained up to now, we could underline the following ones:

SUMMARY OF MAIN RESULTS													
Target population	Parents of children in school-age (7-10 years old)												
Programme's extension	12 weekly sessions and 1 monitoring session three months later												
Materials	Guide's Handbook and cards and reminder notes for parents												
Guides	Technicians trained by UDIPRE												
	<p>Marks on the Scale of Disruptive Disorders before and after applying the parents' component of the programme</p>  <table><caption>Data from the Scale of Disruptive Disorders graph</caption><thead><tr><th>Measure</th><th>Before</th><th>After</th></tr></thead><tbody><tr><td>Deficit of Attention Scale</td><td>15</td><td>11</td></tr><tr><td>Hyperactivity-Impulsivity</td><td>15</td><td>9</td></tr><tr><td>Negative-Defiant Behaviour</td><td>9</td><td>5</td></tr></tbody></table>	Measure	Before	After	Deficit of Attention Scale	15	11	Hyperactivity-Impulsivity	15	9	Negative-Defiant Behaviour	9	5
Measure	Before	After											
Deficit of Attention Scale	15	11											
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Negative-Defiant Behaviour	9	5											
Effectiveness	<ul style="list-style-type: none">➤ Reduction of problems related to deficit of attention➤ Reduction of problems related to hyperactivity-impulsivity➤ Reduction of negative-defiant behaviours➤ Parents' perception: "medium" or "high" improvement of the children in showing affection to their family (approx. 75%), in doing their school homework (70,9%) and in sharing things with other people (approx. 77,30%)➤ During the monitoring evaluation six months after the training, 86,7% of the participating parents stated that their children's behaviour had improved visibly.												
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