



## 35<sup>th</sup> Annual Banff International Conference on Behavioural Science

### *Effective Programs for Early Child Development: Linking Research to Policy and Practice*

#### *Final Program*

**The Banff Centre  
Banff, Alberta, Canada  
March 16-19, 2003**

#### **Planning Committee**

Ray DeV. Peters (Co-Chair)  
*Queen's University*

Richard E. Tremblay (Co-Chair)  
*University of Montreal*

Robert J. McMahon (Co-Chair)  
*University of Washington*

Kenneth D. Craig  
*University of British Columbia*

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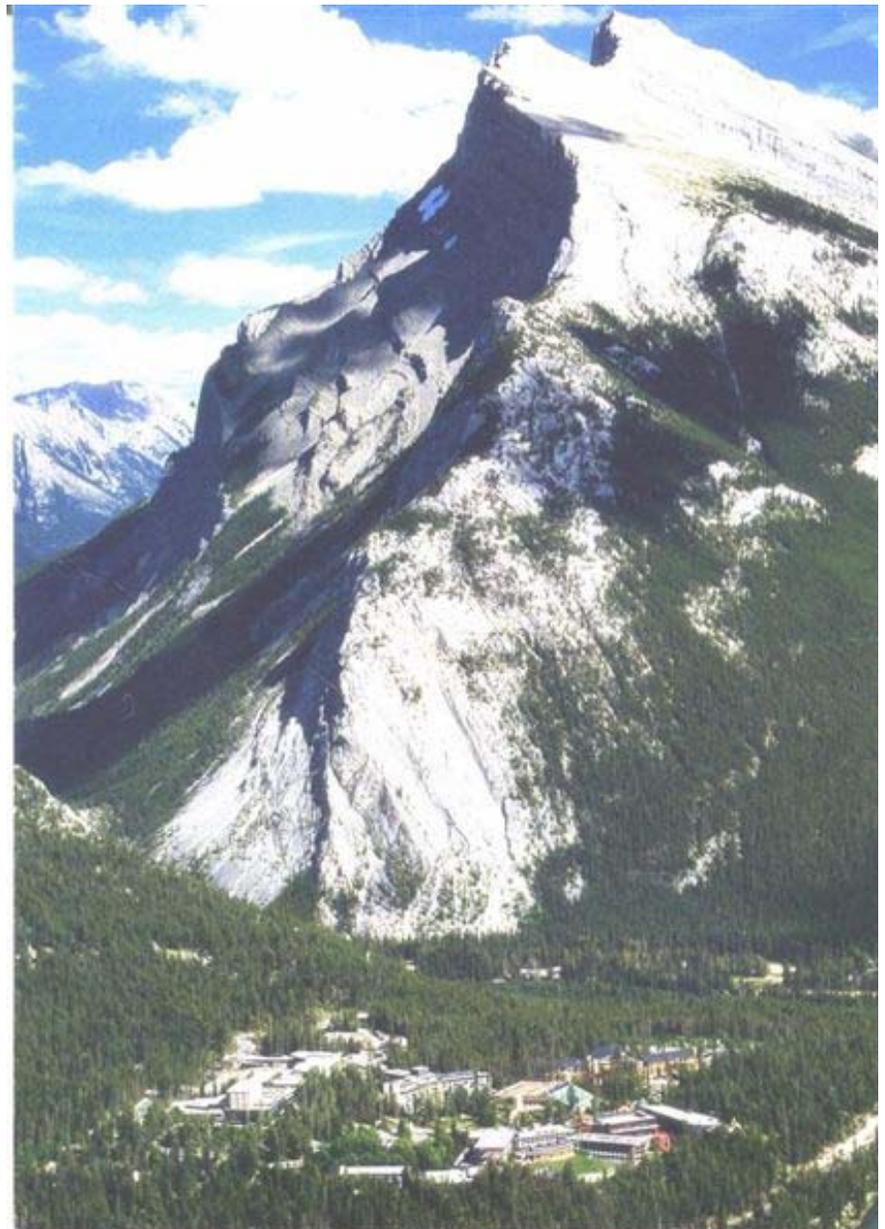
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Banff International Society



***EFFECTIVE PROGRAMS FOR EARLY CHILD  
DEVELOPMENT:  
LINKING RESEARCH TO POLICY AND PRACTICE  
BANFF, MARCH 16-19, 2003***

35<sup>th</sup> Annual Banff International Conference on Behavioural Science  
Co-sponsored by the Centre of Excellence for Early Childhood Development

**PROGRAM**

**Sunday, March 16**

7:00 - 9:30 pm	<b>Registration and Welcoming Reception</b>
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**Monday, March 17**

***EFFECTIVE PRENATAL TO INFANCY PROGRAMS***

8:00-8:45 am	Registration
8:45-9:00	Welcome and opening remarks <b>Ray Peters</b> , Queen's University
9:00-10:15	<i>Address:</i> Are we at home yet with home visiting? <b>Donna Bryant</b> , University of North Carolina
10:15-10:30	Coffee break
10:30-11:45	<i>Address:</i> Center-based early education programs for infants & toddlers: lessons from the infant health & development program <b>Donna Spiker</b> , Stanford University
11:45-1:30 pm	Lunch
1:30-4:30	<b>Workshops:</b> A. Comprehensive perinatal and early childhood promotion and prevention services for families living in a vulnerable situation* <b>Johanne Laverdure</b> , INSPQ; <b>Lyne Jobin</b> , MSSS B. Right from the start and other attachment-focused parenting programs <b>Alison Niccols</b> , Chedoke Family and Child Centre
2:45-3:00	Coffee break

\*In French with simultaneous interpretation

4:45-5:45	Conversation and discussion with presenters
5:45-7:45	Dinner
7:45-9:00	<b>Plenary:</b> Implications for policy and program planners: effective prenatal and infancy programs Presented by two Canadian policy and program planners: <b>Rob Santos</b> , Healthy Child Manitoba; <b>Lyne Jobin</b> , MSSS, Quebec
9:00 - 10:30	Poster session and reception

**Tuesday, March 18**      ***EFFECTIVE PROGRAMS FOR PRESCHOOL CHILDREN***

8:45-9:00	Welcome <b>Robert McMahon</b> , University of Washington
9:00-10:15	<b>Address:</b> Parent training programs <b>Charles Cunningham</b> , McMaster University
10:15-10:30	Coffee break
10:30-11:45	<b>Address:</b> Preschool programs <b>Steven Barnett</b> , Rutgers University
11:45-1:30 pm	Lunch
1:30-4:30	<b>Workshops:</b> C. COPE: a large group, community-based program for parents of 3 to 12 years old with disruptive behavior disorders <b>Charles Cunningham</b> , McMaster University D. Child care quality improvement--what's important and how can we do it? <b>Donna Bryant</b> , University of North Carolina
2:45-3:00	Coffee break
4:45-5:45	Conversation and discussion with presenters
6:00 - 7:30	<b>Plenary:</b> Implications for policy and program planners: effective programs from 3 to 5. Presented by 2 Canadian policy and program planners: <b>Sherry Thompson</b> , Children's Services, Alberta; <b>Kathleen Flanagan Rochon</b> , Health and Social Services, PEI

7:30 - 10:00	Banquet (the CEECD will honour Mr Fraser Mustard, Mr André Chagnon and The Hon. Margaret Norrie McCain for their exceptional contribution to early child development)
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**Wednesday, March 19**     ***EFFECTIVE COMPREHENSIVE PROGRAMS***

8:45-9:00	Welcome <b>Richard Tremblay</b> , University of Montreal
9:00-10:15	<i>Address:</i> Large scale family training/support programs <b>Matthew Sanders</b> , University of Queensland
10:15-10:30	Coffee break
10:30-11:45	<i>Address:</i> Comprehensive community-based projects <b>Ray Peters</b> , Queen's University; <b>Edward Melhuish</b> , University of London
11:45-1:30 pm	Lunch
1:30-4:30	<b>Workshops:</b> E. Triple P: Positive Parenting Program : A population level approach to promoting competent parenting <b>Matthew Sanders</b> , University of Queensland F. From research to practice: The development of Early Start <b>David Fergusson</b> , Christchurch School of Medicine
2:45-3:00	Coffee break
4:45-5:45	Conversation and discussion with presenters
5:45-7:45	Dinner
7:45-9:30	<b>Plenary:</b> Implications of the three days' presentations for effective early child development policy and practice in Canada. Presented by: <b>Dan Keating</b> , OISE, University of Toronto; <b>Kathryn McDade</b> , Human Resources Development Canada
9:30 - 10:30	Concluding Discussion, Awards, Reception

## Description of the Addresses and Workshops

Monday, March 17, 9:00 - 10:15

### **Are we at home yet with home visiting?**

*Donna Bryant, University of North Carolina*

The presentation will review the state of knowledge on prenatal and post-natal home visiting programs throughout the world. It will also highlight what is actually known on the effectiveness of these programs (universal, selected, and for at-risk populations) and the implementation issues to consider.

Monday, March 17, 10:30 - 11:45

### **Center-based early education programs for infants and toddlers: lessons from the infant health and development program**

*Donna Spiker, Stanford University*

The presentation will review existing centre-based programs for infants and toddlers with regards to their specific effects on children and families. It will also address the need to use randomized clinical trial methodology to study the effects of behavioural interventions on children and families, with examples from the Infant Health and Development Program (IHDP, USA).

Monday, March 17, 1:30 - 4:30

### **Workshop A: Comprehensive perinatal and early childhood promotion and prevention services for families living in a vulnerable context**

*Johanne Laverdure, INSPQ;*

*Lyne Jobin, MSSS, Quebec*

The program “Naître égaux - Grandir en santé” (To be born equal - To grow in health) is a program which aims at providing health promotion and prevention services to underprivileged families. An essential component of these services is a prolonged and intense follow-up on the same scale as that of the complexity of the problems those families faced. The strategy of intervention rests on developing and reinforcing the capacity for

people and communities to improve the health and the well-being of children and parents. The presentation will describe the conception, implementation, evaluation and upcoming of the program “Naître égaux - Grandir en santé”.

This large scale program is linked with the Quebec National Public Health Program (2003-2012) and the Quebec Young Parents Support Program.

Monday, March 17, 1:30 - 4:30

### **Workshop B: Right from the Start and other attachment interventions**

*Alison Niccols, Chedoke Family & Child Centre*

Research studies have shown that the most effective attachment-based interventions are short-term behavioural approaches (i.e., targeting parents' skills in perceiving, interpreting, and contingently responding to their infants' cues) rather than longer-term, intensive psychotherapeutic approaches. Effective interventions will be reviewed, as well as promising new interventions, such as "Right from the Start", an innovative 8-session course designed to foster infant attachment security by training parents to read and respond sensitively to their infants' cues. This parenting course is unique because it merges what is known about infant attachment security with the latest knowledge about effective methods of parent training, adult learning, and group dynamics. Through lecture, large group discussion, and videoclips, conference attendees will learn about this new intervention in the context of other effective attachment-based interventions, pilot study results, and the preliminary results of a randomized clinical trial.

Tuesday, March 18, 9:00 - 10:15

### **Parent training programs**

*Charles Cunningham, McMaster University*

Dr. Cunningham is currently involved in the development and evaluation of large group community-based parenting programs and

school-based student mediated conflict resolution. With a special interest in models which increase the availability and cost efficacy of services for families (in particular for families with ADHD children), he will review existing parent training programs developed and implemented for families with preschool children.

Tuesday, March 18, 10:30 - 11:45

**Preschool programs**

*Steven Barnett, Rutgers University*

This presentation will review the short and long term effects of preschool programs on children's learning and development as well as the benefit-cost analysis of preschool programs (short and long term effects). The example of the Perry Preschool Program (USA) will be approached.

Tuesday, March 18, 1:30 - 4:30

**Workshop C: COPE: A large group, community-based program for parents of 3 to 12 year olds with disruptive behavior disorders**

*Charles Cunningham, McMaster University*

This workshop will introduce participants to the Community Parent Education Program (COPE). COPE is a large group (n=25), community-based service for parents of 3 to 12 year olds. By simulating a series of COPE parenting sessions, the workshop will introduce participants to COPE's parenting curriculum, small and large group problem-solving processes, modeling, role playing, and homework planning exercises. Trials examining the utilization, cost-effectiveness, process, and outcome of COPE parenting programs will be reviewed. The COPE program's Leader Manuals and Videotapes are available.

Tuesday, March 18, 1:30 - 4:30

**Workshop D: Improving child care and preschool quality: lessons from Smart Start**

*Donna Bryant, University of North Carolina*

Many studies in the early childhood field show that the quality of preschool and child care environments is related to children's outcomes as they enter school. We have very few studies,

however, that guide us as to *how* to improve quality. Using several studies that have been conducted as part of the Smart Start evaluation--North Carolina's comprehensive, community-based initiative to improve school readiness--this workshop will present information related to child care quality improvement and school readiness.

Wednesday, March 19, 9:00 -10:15

**Large scale family training/support programs**

*Matthew Sanders, University of Queensland*

Many of Australia's most serious and distressing mental health problems are related to the breakdown of traditional family support structures. Regardless of age, people who live in families with high levels of interpersonal conflict, violence, poor communication and inadequate care are at increased risk for a variety of mental health problems. This presentation summarizes the main recommendations of a scientific advisory committee on families and mental health, which prepared the Healthy Families, Healthy Nation: strategies for promoting family mental health in Australia (Sanders, 1995). The importance of a better utilisation of existing knowledge concerning family support and intervention programs, and the importance of a preventive focus in the provision of family-oriented mental health services, will be highlighted as well as the unresolved issues that should become a focus of the future research. The different components of the Positive Parenting Program will also be presented.

Wednesday, March 19, 10:30 - 11:45

**Comprehensive community-based projects**

*Ray Peters, Queen's University;*

*Edward Melhuish, University of London*

As Research Director for the Better Beginnings Better Futures project, Ray Peters will present evaluation results of multiple community-based programs which influence the development of young children and their families. Edward Melhuish will describe the large scale "Sure Start" project currently being initiated in England.

Wednesday, March 19, 1:30 - 4:30

**Workshop E: Triple P-Positive Parenting Program: A population level approach to promoting competent parenting**

*Matthew Sanders, University of Queensland*

This workshop presents an overview of a comprehensive multi-level system of parenting and family support known as the Triple P-Positive Parenting Program. The Triple P system was designed as a population level strategy to promote competent and confident parenting. Triple P has 5 levels of intervention which target key family risk and protective factors within a tiered continuum of increasing intensity of intervention and narrowing population reach. The programs' levels of intervention range from media-based strategies (level 1) to intensive family intervention where parenting problems are complicated by marital conflict, parental depression and high levels of parenting stress. The workshop will provide an overview of the scientific and conceptual basis of the program, as well as key practical implementation issues. The workshop will be interactive and involve a mixture of brief didactic presentations, video demonstrations, clinical problem-solving exercises and discussion.

Wednesday, March 19, 1:30 - 4:30

**Workshop F: From research to practice: The development of Early Start**

*David Fergusson, Christchurch School of Medicine*

This workshop will describe the ways in which findings from a longitudinal study were used to form the foundations of a home-based family support program for children from birth to five years of age (Early Start). The discussion will focus on the practical problems of translating research and theory into real world.