



Assessing the cultural relevance of *INSIGHTS* for Jamaica

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Ideal Interventions



- Empirically supported
- Culturally relevant
- Developmentally appropriate

INSIGHTS

into Children's Temperament



INSIGHTS into Children's Temperament

- ✓ What is *INSIGHTS*?
- ✓ Does it work?
- ✓ Can it work in Jamaica?



What is *INSIGHTS* ?



INSIGHTS

- A manualized positive behavior support intervention
- Tier 1 with Tier 2 Elements
- Temperament-based
- Comprehensive
 - ~ Teachers
 - ~ Parents
 - ~ Children/Classroom



Parent and Teacher Programs

- Facilitated sessions
- 2 hours weekly for 10 weeks
- Videotaped vignettes
- Role-playing
- Homework



Children's Programs

- Temperament-based
 - ~ Same temperament profiles (puppets)
 - ~ Empathy skills (Some things easy; some difficult)
 - ~ Dealing with daily dilemmas through problem solving
 - ~ One 45 minute classroom session once a week



Enhancing Goodness of Fit

- Younger children
 - ~ Responsibility of caregiver
- Older children
 - ~ GOF can be enhanced by supporting children in temperamentally-challenging situations



Temperamentally Challenging Situations

- Scaffold
 - ~ Recognize when the situation is challenging
 - ~ Assess level of distress
 - ~ Remove or stretch
- Stretch
 - ~ Make a plan
 - ~ Prepare your child
 - ~ Continue to monitor
 - ~ Provide recognition



But.....

Does *INSIGHTS* Work?



Three Clinical Trials

- Funded by the National Institutes of Health
 - Sandee McClowry, Cathie Tamis-LeMonda, & David Snow
 - 1R01NR04781 6/98-5/04 Behavior problems
 - 2R01NR04781 6/03-6/08 Social competence
- Funded by the Institute of Education Sciences
 - Sandee McClowry, Erin O'Connor, & Elise Cappella
 - R305A080512 7/08-6/12 Academic learning

An Attention Control Group: A Supplemental Reading Program

- Developed by reading faculty
- Children meet after school with a reading coach for 10 sessions
- 2 parent workshops and materials
- 2 teacher workshops and materials



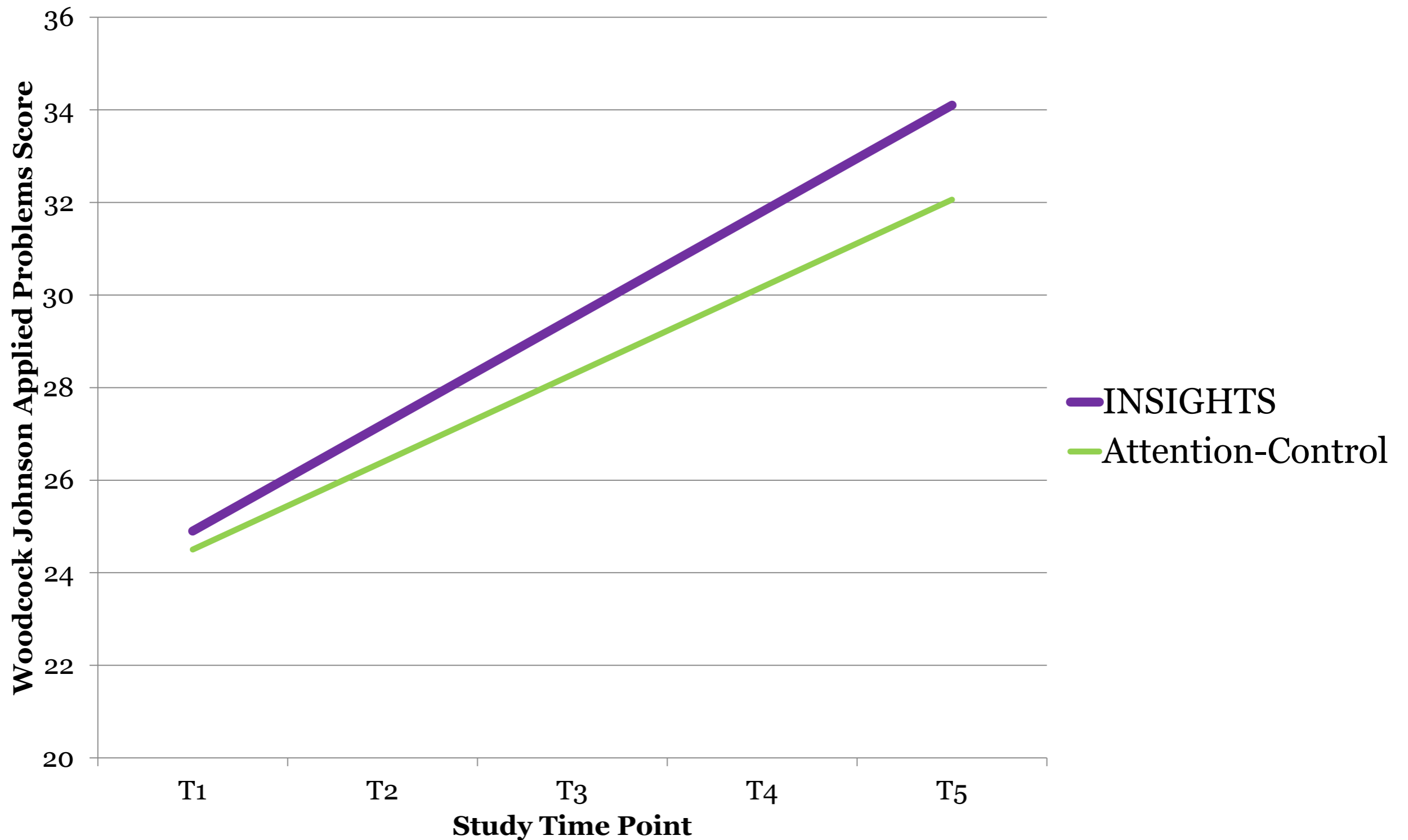
Results from Our Efficacy Studies



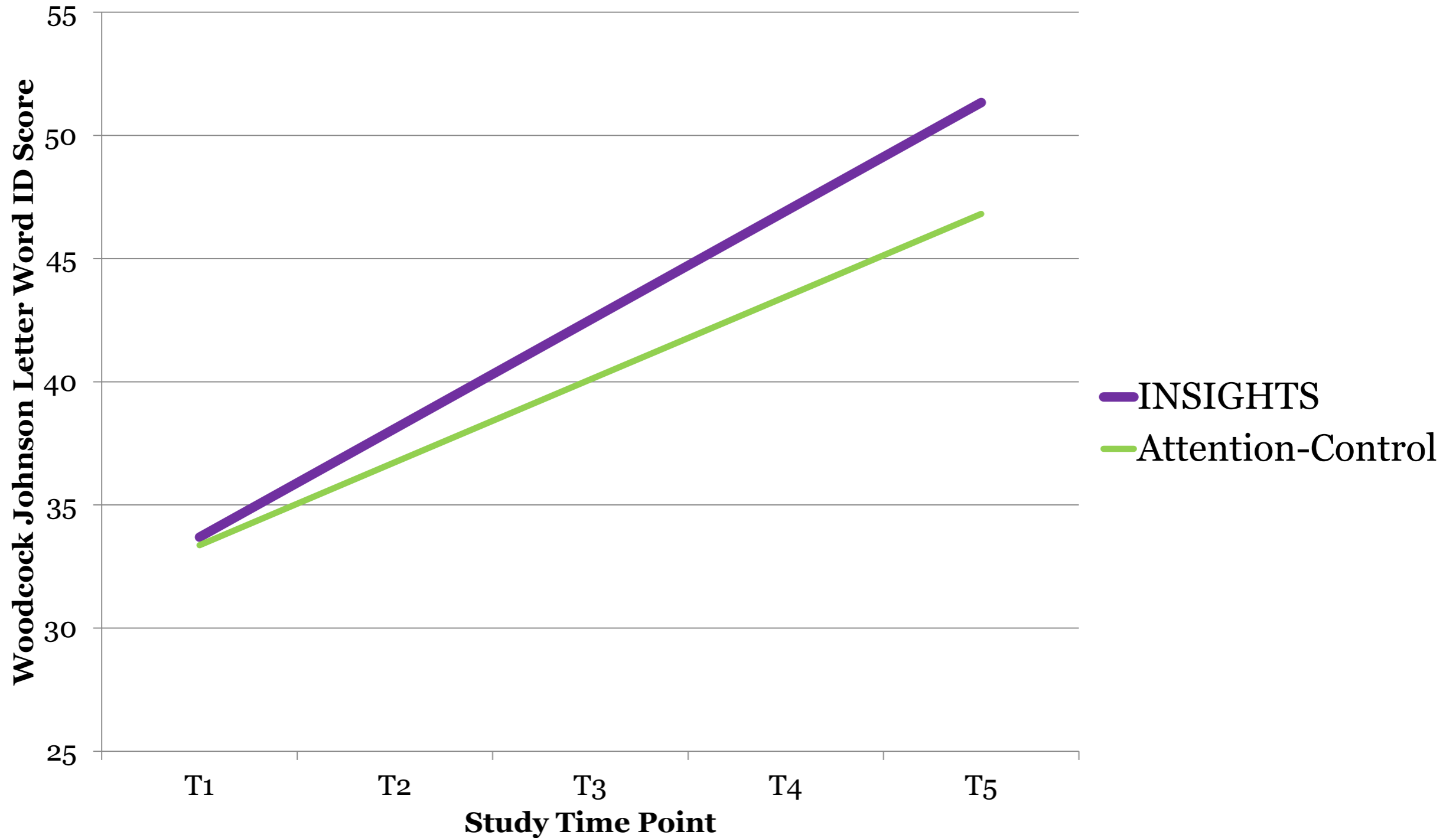
Changes in Academic Skills: Kindergarten to the End of 1st Grade



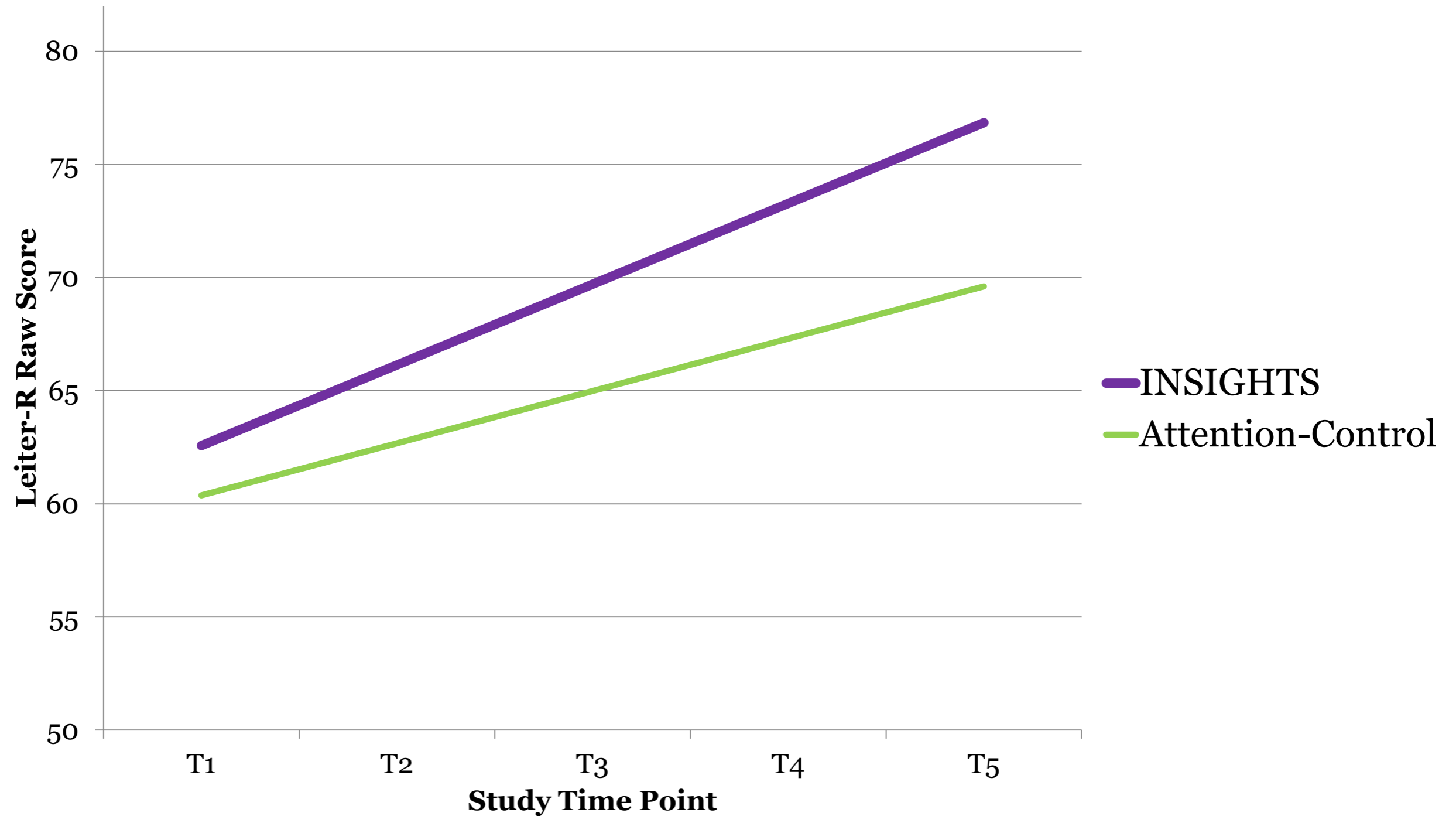
Effects of INSIGHTS on Math Achievement



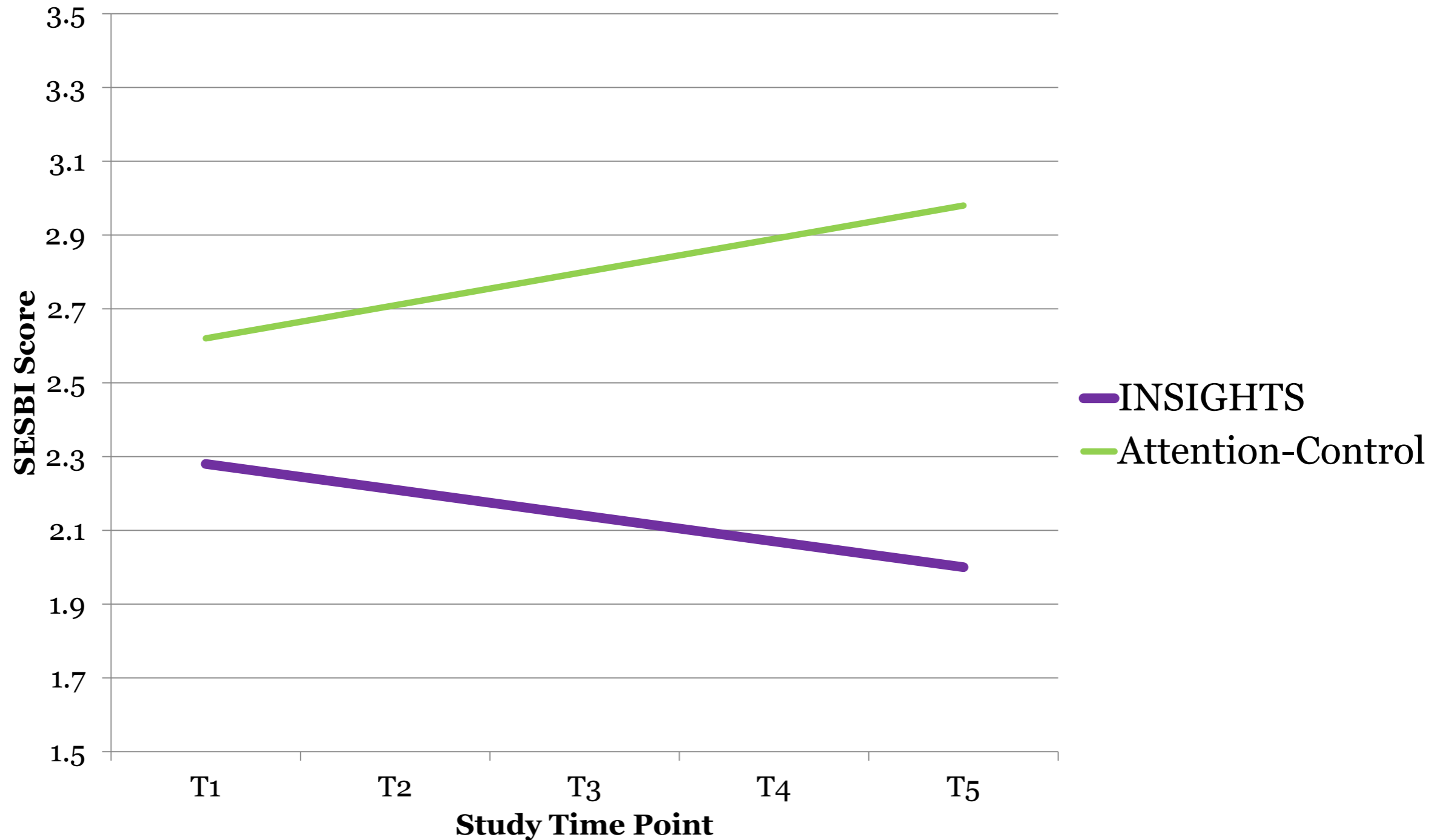
Effects of INSIGHTS on Reading Achievement



Effects of INSIGHTS on Sustained Attention



Effects of INSIGHTS on Behavior Problems



Main and Moderated Classroom Effects

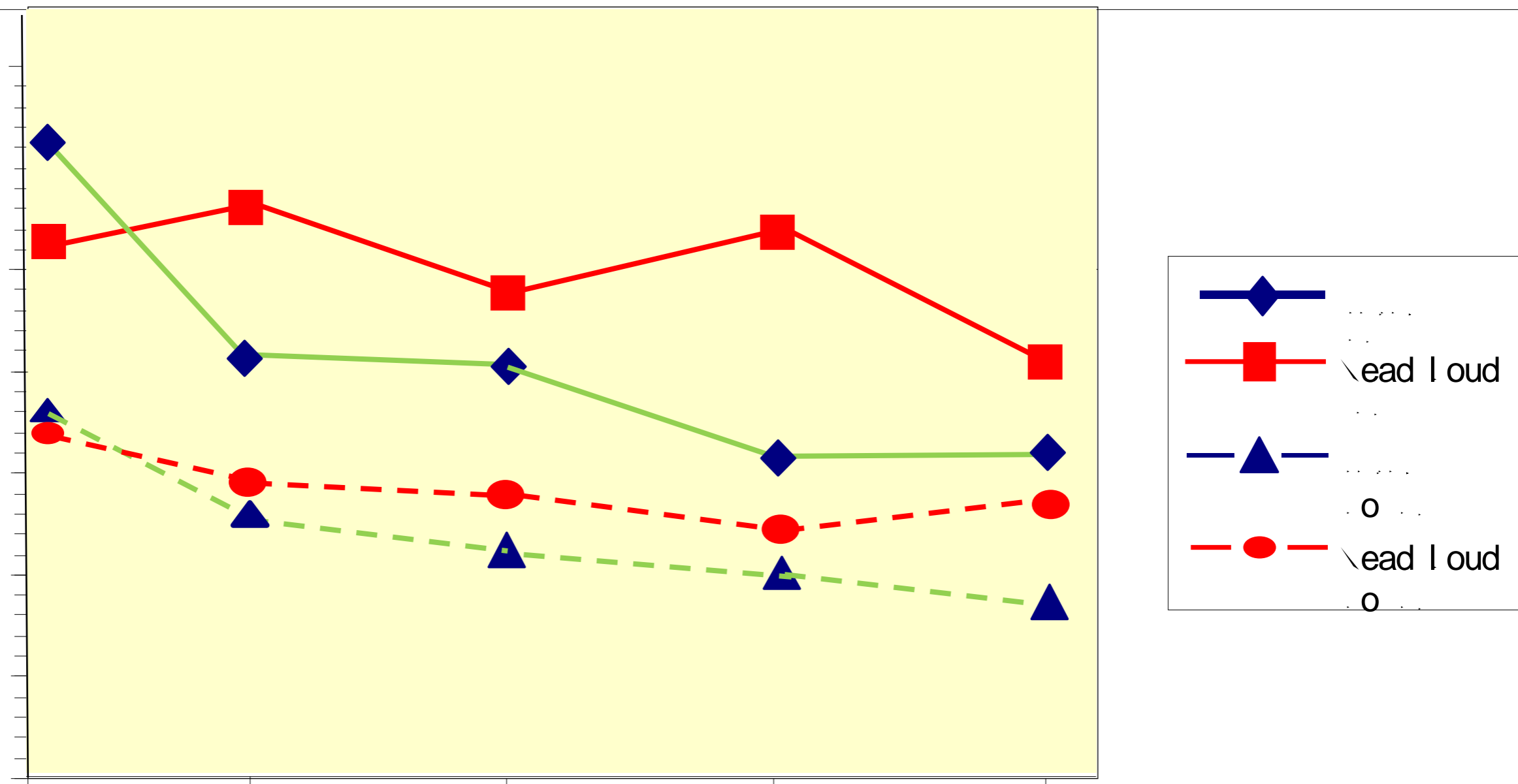
Compared to attention control classrooms

***INSIGHTS* classrooms:**

- higher teacher emotional support
- higher student behavioral engagement
- higher classroom organization (teacher)
- and lower off-task behaviors (student)



Child Behavior Problems by Diagnostic and Treatment Groups



Will....

INSIGHTS Work in Jamaica?



Cultural Fit

Santisteban et al., 2002

- Deep structures
 - Grounded in the cultural norms, values, and attitudes
 - Does it resonate?
- Surface elements
 - Does it appeal?

Assumptions

- Every child desires to be understood and cherished.
- Temperament influences child behavior, social interactions, and reactions to life situations.
- Social/emotional adjustment and academic achievement are enhanced when there is goodness of fit – a match between the child's temperament and the environment.
- Responsive parents and teachers match their caregiving and teaching strategies to children's temperament.
- Children can be taught strategies that assist them in regulating their emotional, attentional, and behavioral tendencies in challenging situations.

Themes from the Focus Groups

INSIGHTS:

- Gives Jamaican educators and parents new options to replace harsh discipline.
- Gives teachers and parents new perspectives -- providing more developmentally appropriate and sophisticated ways of seeing things.
- Provides practical strategies and solutions.

Endorsed Deep Structures

INSIGHTS:

- “It values and respects children and teachers.”*
- “With this programme, both teachers & parents can learn how to accept and deal with children for who they are.”*
- “All parents, like Jamaican parents, need to know how to help their children control/manage their temperaments so they can live a well-adjusted life.”*

Surface Level Element Suggestions

- *“The programme could be more culturally relevant if scenes were shot in local schools and captured specific challenge faced by Jamaican teachers/children.”*
- *“Make a set of puppets that look more like our typical children.”*
- *“More Jamaican music, more Jamaican puppets.”*
- *“Use Jamaican classroom teachers.”*

Nine Months Later

50% response rate

- Over 90% found the workshop **very useful**.
- Over 90% reported they gained **very much** deeper understanding of children's personality and temperament and of children's behavior.
- Two-thirds of participants reported they **very much** gained new ideas about improving children's behavior.
- Over 90% shared what they learned with other professionals.

Train-the-trainer model in Jamaica 2013-14

Funded by a Fulbright



Books

McClowry, S. G. (2003). *Your child's unique temperament: Insights and strategies for responsive parenting*. Champaign, IL: Research Press.

McClowry, S. G. (2014). *Elementary classroom management: Temperament and Other Evidence-Based Interventions*. Landham, MD: Rowman & Littlefield.



More Information

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