

Intervention Name: 1-2-3 Magic: Effective Discipline for Children 2-12

1. Brief Description of the Intervention: *1-2-3 Magic: Effective Discipline for Children 2-12* is a simple, easy to learn and effective program for parents and other caretakers dealing with young children. *1-2-3 Magic* directly addresses three protective factors. First, it improves parent-child attachment by defining and encouraging parental nurturing while simultaneously reducing aggravating misbehavior. Second, the program provides parents with a specific how-to-do-it, three-step “job description” which is tailored for use with young children. And third, the program directly addresses the issue of parental resilience as it applies to child discipline; parents are instructed, in other words, exactly how to recover when they slip-up.

2. Please select the primary categories that relate to the intervention: (Please highlight applicable categories)

Academic performance/functioning and achievement

X Adult behavior problems (violence/aggression)

Adult mental health

Alcohol and drug use

Assessment and Measurement Instruments for Target Populations

X Attachment Interventions

Basic Needs

X Behavioral Management and Treatment

X Child Mental Health – externalizing

Child Mental Health - internalizing

Child Mentoring Programs

Child Supports and community connections

Child Welfare Practice and Service Models

Crisis Intervention

Delinquency and Criminal Behavior

Educational Support Interventions

X Family Functioning (communication, bonding, interactions and relationships)

Family Support and Placement Stabilization Programs

Independent living and career readiness

X Marriage and Relationship Support

Parental Mentoring Programs

X Parent Engagement

Parental Supports and community connections

X Parenting Skills - Training and Enhancement

Peer associations/relationships

X Resource Parent Training Programs

Sexual Behavior Problems in Adolescents and Children

X Social/emotional functioning (social competence/prosocial behaviors, conflict management, problem solving, coping-stress management, decision making and self-esteem)

Trauma Treatment

3. Describe the intervention's current use with one or both of the QIC-AG's target population:

- Children with challenging mental health, emotional or behavioral issues who are awaiting an adoptive or guardianship placement as well as children in an identified adoptive or guardianship home but the placement has not resulted in finalization for a significant period of time.
- Children and families who have already finalized the adoption or guardianship. This group includes children who have obtained permanency through private guardianship and domestic private or international adoptions.

4. If currently not being used with one or both of the QIC-AG's target population, describe how the intervention could be adapted to respond to the needs of the QIC-AG's target population:

There are several reasons why *1-2-3 Magic* might be successful with families who are awaiting an adoptive or guardianship placement as well as with families who have already finalized adoption or guardianship. First, the program is simple and not intimidating. Second, *1-2-3 Magic* resonates with parental experience and—when the method is presented well—it produces therapeutic results and generates optimism. Third, the plan has an understandable and effective theoretical foundation. And fourth, its rapid and substantial results reinforce adult and child compliance.

The *1-2-3 Magic* plan consists of several pieces that follow each other in logical order. Each element of the program has a central unifying concept and each part builds directly on the previous sections. Here are the basic parts of *1-2-3 Magic*:

- Thinking Straight
- Parenting Job #1: Controlling Obnoxious Behavior
- Managing Kids' Testing and Manipulation
- Parenting Job #2: Encouraging Good Behavior
- Parenting Job #3: Strengthening Relationships with Your Children
- Your New Life: Staying on the Wagon

The *1-2-3 Magic* book (4th Edition) can be considered the basic manual for the whole program, but the training can also be facilitated by means of a two-DVD set (four hours) and an audio CD (four hour soundtrack from DVDs).

Training formats include independent instruction, large group presentations, small groups and one-on-one training during counseling sessions or home visits. Each has advantages and disadvantages.

For more information, see Alan Ruben's *Programs and Interventions for Maltreated Children and Families at Risk: Clinician's Guide to Evidence-Based Practice* (John Wiley, 2012).

5. Intervention goals: The goals of *1-2-3 Magic* include reducing, in a fairly short period of time, children's oppositional and disruptive behavior, improving compliance with adult requests, improving the quality of parent-child relationships, reducing family stress and increasing marital satisfaction. *1-2-3 Magic* is a powerful tool for preventing future mental health and relationship problems.

6. Please name the sites and contact information where the intervention has been replicated/implemented:

Mooseheart Child City and School, Inc, Mooseheart, IL 60539

Gary Urwiler, Executive Director 630-906-3601

Please Make any Changes to the Information Below:

Contact Person/Purveyor: Thomas W. Phelan, PhD

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Intervention Web Site/URL: www.123magic.com