Watch, Wait and Wonder


Watch, Wait and Wonder (WWW) is a dyadic therapy programme for mothers and young children where parents are experiencing difficulty with their young child (10 to 30 months old).

The programme is delivered by infant mental health specialist over a maximum of 18 weekly sessions, with a minimum of eight sessions and average of 14 sessions.

Evidence rating: 2+

Cost rating: NA
Watch, Wait and Wonder has preliminary evidence of improving a child outcome, but we cannot be confident that the programme caused the improvement.

What does the evidence rating mean?

Level 2 indicates that the programme has evidence of improving a child outcome from a study involving at least 20 participants, representing 60% of the sample, using validated instruments.

This programme does not receive a rating of 3 as its best evidence is not from a rigorously conducted RCT or QED evaluation.

What does the plus mean?

The plus rating indicates that a programme’s best available evidence is based on an evaluation that is more rigorous than a level 2 standard but does not meet the criteria for level 3.

Cost rating

NA indicates that the information required to generate a cost rating is not available at this time.
Child outcomes

According to the best available evidence for this programme's impact, it can achieve the following positive outcomes for children:

**Supporting children's mental health and wellbeing**

- Improved attachment security - based on study 1
- Improved emotion regulation - based on study 1

**Enhancing school achievement & employment**

- Improved cognitive development - based on study 1

*This programme also has evidence of supporting positive outcomes for couples, parents or families that may be relevant to a commissioning decision. Please see the 'About the evidence' section for more detail.*
# Key programme characteristics

## Who is it for?

The best available evidence for this programme relates to the following age-groups:

- Infants
- Toddlers

## How is it delivered?

The best available evidence for this programme relates to implementation through these delivery models:

- Individual

## Where is it delivered?

The best available evidence for this programme relates to its implementation in these settings:

- Out-patient health setting

## How is it targeted?

The best available evidence for this programme relates to its implementation as:

- Targeted indicated

## Where has it been implemented?

Canada
About the programme

What happens during delivery?

How is it delivered?

- Watch, Wait and Wonder is delivered by one practitioner in 15 sessions of one hours’ duration each to individual families.

What happens during the intervention?

- Watch, Wait, and Wonder is an infant/child led psychotherapeutic approach. It specifically and directly uses the child/infant's spontaneous activity in a free-play format to enhance maternal sensitivity and responsiveness, the child’s sense of self and self-efficacy, emotion regulation, and the child-parent attachment relationship.

- The approach provides space for the infant/child and parent to work through developmental and relational struggles through play. Also central to the process is engaging the parent to be reflective about the child's inner world of initiatives, feelings, thoughts and desires through which the parent recognizes the separate self of the infant and gains an understanding of her own emotional responses to her child (ie promote mentalisation).

- Because of the central role of the infant/child in the intervention and focus on the parent child relationship, Watch, Wait and Wonder differs from other interventions, which tend to focus primarily on the more verbal partner – the parent.

What are the implementation requirements?

Who can deliver it?

- The practitioner who delivers this programme is a Watch, Wait and Wonder Practitioner with QCF 7/8 qualifications.
What are the training requirements?

- The practitioner has approximately 70 hours of training. Booster training of practitioners is recommended.

How are the practitioners supervised?

- It is recommended that practitioners are supervised by one host-agency supervisor providing clinical and skills supervision qualified to QCF 7/8 level, with 86 hours of programme training.

What are the systems for maintaining fidelity?

*Not available*

Is there a licensing requirement?

There is no licence required to run this programme.

How does it work? (Theory of Change)

How does it work?

- Positive and sensitive parent/child interactions increase the likelihood of a secure parent/child attachment relationship.

- Parents experiencing multiple hardships and/or an insecure attachment relationship in their own childhood are less likely to develop positive representations of their child, reducing their ability to respond sensitively and appropriately to their child’s behaviour.

- Parents receive therapeutic support to improve their ability to form positive representations of their child and provide an appropriately nurturing and sensitive caregiving environment.

- In the short term, parents develop positive representations of their child, their sensitivity increases and the child experiences greater attachment security.

- In the longer term, children will develop positive expectations of themselves and others, demonstrate improved mental health and be at a reduced risk of child maltreatment.
Contact details

Mirek Lojkasek
mlojkasek@watchwaitandwonder.com
About the evidence

Watch, Wait and Wonder has evidence from one QED study conducted in Canada.

Study 1

**Citation:** Cohen et al (1999) (initial study) and Cohen et al (2002) (six-month follow-up) | **Design:** QED

**Country:** Canada

**Sample:** 67 clinically referred mother-infant pairs and 57 from original study

**Child outcomes:**
- Improved attachment security
- Improved emotion regulation
- Improved cognitive development

**Other outcomes:**
- Improved sense of parenting competence
- Reduced depression
- Reduced parenting stress


Guidebook

The EIF Guidebook provides information about early intervention programmes that have at least preliminary evidence of achieving positive outcomes for children. It provides information based on EIF’s assessment of the strength of evidence for a programme’s effectiveness, and on detail about programmes shared with us by those who design, run and deliver them.

The Guidebook serves an important starting point for commissioners to find out more about effective early interventions, and for programme providers to find out more about what good evidence of impact looks like and how it can be captured. As just one of our key resources for commissioners and practitioners, the Guidebook is an essential part of EIF’s work to support the development of and investment in effective early intervention programmes.

Our assessment of the evidence for a programme’s effectiveness can inform and support certain parts of a commissioning decision, but it is not a substitute for professional judgment. Evidence about what has worked in the past offers no guarantee that an approach will work in all circumstances. Crucially, the Guidebook is not a market comparison website: ratings and other information should not be interpreted as a specific recommendation, kite mark or endorsement for any programme.

How to read the Guidebook

EIF evidence standards

About the EIF Guidebook
The Early Intervention Foundation (EIF) is an independent charity and a member of the What Works network. We support the use of effective early intervention for children, young people and their families: identifying signals of risk, and responding with effective interventions to improve outcomes, reduce hardship and save the public money in the long term.

We work by generating evidence and knowledge of what works in our field, putting this information in the hands of commissioners, practitioners and policymakers, and supporting the adoption of the evidence in local areas and relevant sectors.
Disclaimer

The EIF Guidebook is designed for the purposes of making available general information in relation to the matters discussed in the documents. Use of this document signifies acceptance of our legal disclaimers which set out the extent of our liability and which are incorporated herein by reference. To access our legal disclaimers regarding our website, documents and their contents, please visit eif.org.uk/terms-conditions/. You can request a copy of the legal disclaimers by emailing info@eif.org.uk or writing to us at Early Intervention Foundation, 10 Salamanca Place, London SE1 7HB.