TARGETS
Knowledge, skills, etc. directly targeted by strategies

- Children increase knowledge of BITSNs
- Children use BITSNs in classroom
- Children use BITSNs in home
- Parents increase knowledge of BITSNs
- Parents use BITSNs with children
- Parents use BITSNs for self

OUTCOMES
Ultimate goals

- Children increase EF/SR (inhibitory control, working memory, cognitive flexibility)*
- Adults increase EF/SR*

  Decreased parenting stress
  Increased positive parent-child relationship (attachment, co-regulation)
  Increased parent satisfaction with child
  Decreased CPS and justice system involvement

STRATEGIES
Program actions

- Teachers deliver developmentally appropriate curriculum, and teach internal state words, theory of mind, and personal narratives.
- Staff facilitate parent groups covering BITSNs: brain science, internal state words, theory of mind, serve and return, and personal narratives.
- Encourage parents to practice BITSNs at home

MODERATORS ... that may decrease efficacy:
Caregiver mental health, caregiver misalignment, environmental factors (poverty, stability, stressors, caregiver stress level), staff buy-in, dosage (less dosage, less effect--child or adult attendance, home practice), and biological brain differences (e.g., FAS);

... that may increase efficacy:
Cultural context of families (including intergenerational practices that mutually reinforce learning), depth of protective networks, and cultures/communities excited about brain science

*Outcomes with existing measures