



Nurturing Parenting Program™ 3-Day Facilitation Training

This three-day training focuses on understanding the philosophy of nurturing parenting, assessing high risk parenting beliefs and environments, creating competency based parenting lessons and programs tailored to meet the individual parenting needs of families, and implementing programs at the primary, secondary, and tertiary levels of prevention.

In three days, participants will learn:

- Nurturing Parenting philosophy
- The five parenting constructs of abuse and neglect
- Impact of maltreatment on brain development
- How to assess high-risk parenting beliefs
- To tailor make programs based on family's needs
- To gather process evaluation data
- To evaluate pre-post program impact
- To implement home and group program models

Dates: December 5 - 7

Location: Crosswalk Center 2103 N. Main, Houston, TX. 77009

Training by: Sonya M. Thorn, LCSW, National Trainer/Consultant

Sponsored by: Family Nurturing Center of Texas

Contact: Sonya Thorn, sonya@texasnurturingcenter.org, 512-757-0087

Cost: \$350.00 (includes training materials)

Register online at:

<https://texasnurturingcenter.org>

Who Can Benefit

Professionals and para-professionals working in education, childcare, mental health, violence prevention, child welfare, school systems, treatment facilities, social work, and social services have successfully used the Nurturing Program and philosophy to prevent the recurrence of child abuse and neglect.



About the Nurturing Parenting Programs™

The Nurturing Parenting Programs™ are family-based and focus on increasing nurturing parenting skills. These programs include a variety of activities that work to build empathy, emotional regulation, love and compassion, along with discipline to form healthy parent-child bonds. For more information, visit www.nurturingparenting.com.

Four levels of Nurturing Programs address the specific needs of different populations:

PRIMARY. Prevention-Education Programs are designed to empower individuals and families with new knowledge, beliefs, strategies and skills to make good and healthy lifestyle choices.

SECONDARY. Prevention-Intervention Programs are designed for at-risk youth, teen parents, and families experiencing mild to moderate levels of individual and family dysfunction.

TERTIARY. Prevention-Treatment Programs are designed for families referred for parenting education by Social Services/Mental Health for child abuse and neglect and/or family dysfunction.

COMPREHENSIVE Programs are designed for agencies to offer long term, more comprehensive parenting education.

Adult-Adolescent Parenting Inventory (AAPI-2)

The AAPI-2 has proven invaluable in assessing the parenting attitudes and child-rearing beliefs of parents and adolescents. Founded on five parenting constructs known to lead to abusive parenting, The AAPI provide scores that profile parents at risk for abusing and neglecting children. Forms available in English and Spanish. Now available on a CD ROM. For more information, visit www.aapionline.com.

Philosophy of the Nurturing Program

The philosophy of the Nurturing Program emphasizes the importance of raising children in a warm, trusting and caring environment. It is founded on the belief that children who are cared for develop the capacity to trust, care and respect themselves, others, living creatures and their environment. This philosophy is founded on 7 principles:

1. **Feelings of attachment.** Attachment is a bond between a parent and their child that conveys deep unconditional love. Children who feel loved unconditionally, children exhibit positive communication, trust and respect naturally.
2. **Empathy.** Empathy is the ability of parents to put themselves in the place of their children in an attempt to feel, think and understand what their child is feeling, thinking and understanding, and respond to the child in a loving and respectful way.
3. **Nurturing Oneself.** Taking time to get one's own needs met, as an adult, forms the foundation of understanding and helping a child get their needs met.
4. **Gentle Touch.** Research has shown that children who experience warm and gentle touch in the form of hugs, pats, and massages develop and maintain healthy relationships throughout their life, as well as a healthy and positive sense of self.
5. **Discipline.** Setting limits through family rules, teaching right from wrong through family morals, and teaching respect and worth through family values are all part of a nurturing family. Discipline develops best by children modeling their parent's examples.
6. **Expressing Feelings.** Helping children learn appropriate ways to manage and express their feelings is a fundamental characteristic of a nurturing family.
7. **Expectations and Self Worth.** Knowing what to expect of children as they develop plays a significant role in the child's self-worth. Children learn that they are competent people, capable of pleasing others important in their lives when the adults in their life have appropriate expectations.