



## Nurturing Parenting Programs

Visit [Family Development Resources](#) website.

### Sales and Materials

Family Development Resources, Inc.  
800-688-5822; [fdr@NurturingParenting.com](mailto:fdr@NurturingParenting.com)

### Training and Consulting

Family Nurturing Centers Int.™  
262-652-6501; [fnc@NurturingParenting.com](mailto:fnc@NurturingParenting.com)

### Assessments

Visit [Assessing Parenting](#) website.

### Research and Development

Visit [Nurturing Program Research](#) website.

Visit [Family Nurturing Center of Texas](#) website.

## The Nurturing Parenting Programs®

meet and exceed



identified by the U.S. Government for the prevention and treatment of Child Abuse and Neglect.

### What participants are saying ...

- *I have 30 years' experience in the field and this was one of the best trainings I have received!*
- *I was able to connect a lot of training discussions to my current high-needs families – I have been stuck and this is just what I was looking for and needed!*
- *This training made me feel included, comfortable and I never felt forced to speak up or interact. I was appreciated for my style of learning.*



## Family Development Resources, Inc. Family Nurturing Centers International

Incorporated in 1983, Family Development Resources, Inc. (FDR) was established by **Dr. Stephen Bavolek**.

Sonya M. Thorn, LCSW is a social entrepreneur, community licensed Clinical Social Worker, and nationally recognized trainer and the executive director of the Family Nurturing Center of Texas. She is a recognized National Trainer/Consultant for Family Development Resources Inc. where she trains internationally. Ms. Thorn comes with a wealth of experience working with multiple university departments, school districts, and community partners on behalf of children, youth, families, and frontline staff. She has previously worked for Texas State University as an Adjunct Professor, Upward Bound program director, and program faculty. In her 12 years with Texas State University, she brought in over two million dollars of external grant funds to the University. She has directed and been responsible for the management of two large projects serving disenfranchised and vulnerable youth and families (Casa Esperanza-University Service Learning lab and Upward Bound).

Ms. Thorn has been a training faculty member for the Renaissance TRIO Project and the training director for Nosotros Education Center. She is the founder and owner of PRAXIS *with Integrity* Consulting PLLC, where she partners with non-profits, state, and government organizations to assess and evaluate systems of care for young children, youth, and families. She completed a project as an executive coach and program evaluator with Eva Longoria's nonprofit in San Antonio. She conducts professional development, training, and consulting to professionals in the areas of leadership, clinical and reflective supervision, equity and diversity, infant and early childhood mental health, parent education and family engagement, in-home family services, family and child assessment and early intervention. She is one of twenty-one Rockefeller Fellows who were asked to work for the Barat Education Foundation, where she participated in national university speaking engagements through a diversity forum with open discussions on critical social divides such as race, class, gender, social inequality, and injustices. She holds a BSW from Southwest Texas State, an MSW from Our Lady of the Lake University and is ABD in her PhD in the School of Business Leadership.

Sonya is married and lives in San Marcos, Texas. Her biggest accomplishments are her two sons, Alec and Aaron.

## Nurturing Parenting Programs®



### The Family Nurturing Center of Texas Three-Day Facilitator Training

For professionals working with families in group, individual, and home-based settings

Presented by:

Sonya Thorn, LCSW  
National Trainer/Consultant  
512.757.0087 or 512.216.6012

### In three days, participants will learn:

- Philosophy of Nurturing Parenting;
- Five parenting constructs of abuse/neglect;
- How to assess high-risk parenting beliefs;
- How to gather process evaluation data;
- How to evaluate pre and post program impact;
- How to implement home and group-based models

Each participant receives a *Certificate* acknowledging successful completion of a Facilitator Training (18 hours) in the Nurturing Parenting Programs®

The Nurturing Programs are family-based programs with a proven track record of preventing, intervening and treating the recurrence of child abuse and neglect.

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 by Social Services or other high-needs families for child abuse and neglect and/or family dysfunction.

### Comprehensive

Programs are designed for agencies to offer long term, more comprehensive services.

### Adult-Adolescent Parenting Inventory (AAPI-2)

The AAPI-2 has proven invaluable in assessing attitudes and beliefs of parents and adolescents. Founded on five parenting constructs known to lead to abusive parenting, the AAPI provides scores that profile parents at risk for abusing and neglecting children. Forms are available in English and Spanish. For more information, please visit [www.aapionline.com](http://www.aapionline.com).

### Who Can Benefit

Professionals and paraprofessionals working in education, mental health, juvenile probation, violence prevention, child welfare, school systems, treatment facilities, social work, and social services.

The Nurturing Program and the philosophy behind the program have successfully been utilized by:

- Home-Based Service Providers
- Youth Residential Centers
- School Districts
- Mental Health Treatment Centers
- Therapist and Counselors
- Drug and Alcohol Treatment Centers
- Child Protective Services and Foster Parents
- Juvenile Probation



Register online at:  
<https://texasnurturingcenter.org>

**Dates:** April 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup>, 2019  
9:00 am to 4:00 pm

**Deadline:** Friday, March 29, 2019

**Location:** Holiday Inn Austin Airport  
6711 East Ben White Blvd.  
Austin, Texas 78741  
Emily Astor 512.385.8400

**Cost:** \$375 (includes training materials)  
Implementation Curricula and Online  
Assessment sold separately.

Request "Family Nurturing Center Block" and reserve hotel rooms 30 days before the training to receive room and breakfast for \$139.00. Must book directly with hotel to get this rate.

Training is from 9:00 a.m. to 4:00 p.m. daily. Morning and afternoon breaks will be provided. Lunch is on your own. Hotel reservations and meals are the responsibility of the participant.



### 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, 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 shows 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 who are important in their lives when the adults in their lives have appropriate expectations.

**Day 1:** Program introduction; training goals; characteristics, philosophy, and principals of program; constructs and values; building self-awareness, 7 step fidelity lesson plans

**Day 2:** Program core values; sample lesson; lesson structure; philosophy of behavior changes; nurturing and discipline

**Day 3:** Assessment; successful implementation; the ACE study and protective factors; curriculum; on-going support; application