



Nurturing Parenting Program 3-Day Facilitation Training

The 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. Participants will also learn how to monitor the success of families through on-going process evaluation strategies designed to measure the attainment of parenting knowledge and skills. Participants will experience hands on approach to implementing home based, group based and a combination home-based and group-based program models; learn how to administer and score the online versions of the Adult-Adolescent Parenting Inventory (AAPI-2) and the Nurturing Skills Competency Scales (NSCS); and how to select the best Nurturing Program model for your agency.

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

Day 1: Philosophy of the Nurturing Program; Values; Structure; Constructs; Validation; Discipline, Rewards and Punishment; Empowering Parents and Children

Day 2: Developing Empathy; Self-Awareness; Recognizing, Understanding and Communicating Feelings; Structure and Guidelines; Humor, Laughter and Fun

Day 3: Program Implementation; Getting familiar with the Curriculum; Practice Sessions; Best Practices; Monkey Wrenches and Difficult Sessions. Special emphasis on facilitating groups and clinical services

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 all can benefit from this training.

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

- Home-based Service Providers
- Youth Residential Centers
- School Districts
- Mental Health Treatment Centers
- Therapist and Counselors
- Infant and Early Childhood Mental Health
- Drug and Alcohol Treatment Centers
- Child Protective Services and Foster Parents
- Day Care Facilities
- Early Head Start/Head Start (EI & ECI)



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.

The Nurturing Parenting Programs™ are recognized by the Substance Abuse and Mental Health Services Administration (SAMHSA), the National Registry for Evidence-based Parenting Programs (NREPP), The Office of Juvenile Justice and Delinquency Prevention (OJJPD), and several state and local agencies as proven programs for the prevention and treatment of child abuse and neglect.

- The Nurturing Parenting Programs are evidenced based parenting programs that can be offered in a group setting, a home setting or in a combination of group and home settings.
- The first Nurturing Parenting Program was developed and validated in a multi-site, three-year national study from 1983 to 1985. The study was funded by the National Institute of Mental Health (NIMH) to prevent the recurrence of child abuse and neglect in families with school-age children 5 to 12 years of age.
- The NIMH study demonstrated the effectiveness of the Nurturing Parenting philosophy and implementation strategies in remediating the current abuse, and preventing the recurrence of abuse in 93% of the families completing the program. You are invited to click on the Research and Validation side tab to review the initial study and all subsequent studies conducted to support the effectiveness of the Nurturing Parenting Programs.

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.

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.