Nurturing Parenting®
Community Based Education in Nurturing Parenting

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• Designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting and child-rearing practices.

• Long term goals:
  ▫ Prevent recidivism in families receiving social services
  ▫ Lower the rate of multi-parent teenage pregnancies
  ▫ Reduce the rate of juvenile delinquency & alcohol abuse
  ▫ Stop the intergenerational cycle of child abuse by teaching positive parenting behaviors

Source: http://www.nurturingparenting.com/NPLevelsPrevent.html
Primary: Education
Increase knowledge/skills of parents & pre-parents; community awareness; community resources

Secondary: Intervention
Prevent further escalation of early stages of maltreatment (“at risk” families) Professionals & parents work together

Tertiary: Treatment
Evidence-based programs proven to treat & prevent recurrence; families in social service system; structured, long-term, family-based services

Source: http://www.nurturingparenting.com/NPLevelsPrevent.html
Community Based Education in Nurturing Parenting

• Series of 10 independent 60-90 minute lessons

• Lesson Plans include goals, objectives, discussion topics, interactive activities, worksheets and handouts for the parents, and evaluation and feedback forms

• Versatile means of educating families in the community on the philosophy and skills of Nurturing Parenting

Source: http://www.nurturingparenting.com/NPLevelsPrevent.html
10 Lessons

1. The Philosophy and Practices of Nurturing Parenting
2. Ages & Stages of Growth for Infants & Toddlers
3. Ways to Enhance Positive Brain Development in Children & Teens
4. Communicating with Respect
5. Building Self-Worth in Children
6. Understanding Feelings
7. Alternatives to Spanking
8. Praising Children & their Behavior
9. Understanding & Developing Family Morals, Values & Rules
10. Learning Positive Ways to Deal with Stress & Anger

Source: http://www.nurturingparenting.com/ecommerce/category/1:1:4/
Successful Implementation

• Assessing parenting needs and implementing the right program → right model → with right dosage

• Employing trained and competent professionals and paraprofessionals capable of facilitating growth of parents and children

Source: Nurturing Parenting®
## Data Implications for Action

<table>
<thead>
<tr>
<th>Implied from Data</th>
<th>Parenting Workshop Lessons</th>
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<tbody>
<tr>
<td>Increase communication skills</td>
<td>• Communicating with Respect</td>
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<tr>
<td>Increase knowledge and skills about child development and parenting</td>
<td>• Ages &amp; Stages of Growth for Infants &amp; Toddlers</td>
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<td></td>
<td>• Understanding &amp; Developing Family Morals, Values &amp; Rules</td>
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<td></td>
<td>• Alternatives to Spanking</td>
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<tr>
<td>Incorporate specific parenting techniques for soothing children when upset</td>
<td>• Building Self-Worth in Children</td>
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<tr>
<td>Develop listening skills and ability to affirm child’s needs</td>
<td>• Learning Positive Ways to Deal with Stress &amp; Anger</td>
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<tr>
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<td>• Understanding Feelings</td>
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*Lessons in red correspond to requests from pilot parenting class participants*
# Data Implications for Action

<table>
<thead>
<tr>
<th>Implied from Data</th>
<th>Action Steps</th>
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<tbody>
<tr>
<td>Support Hood County Substance Abuse Council</td>
<td>• Maintain connection with council through coalition membership and partnerships</td>
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<tr>
<td>Increase awareness of community resources</td>
<td>• Incorporate community resource materials into parenting workshops</td>
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<tr>
<td>Build upon existing social support systems and close parent/child relationships</td>
<td>• Provide opportunities for parents to learn from one another</td>
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<tr>
<td>Support a strong parent network</td>
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Pilot Workshop

Dealing With Stress

Sandra Jennings
Guidance Counselor/After School Program Family Engagement Specialist
Lipan ISD
Pilot Parent Workshop held at Lipan ISD February 18, 2013

Welcome to Lipan ISD

Play off game, gym rental agreement form to the left of this page.

Beat the Drum for Seats for the new gymnasium. See attachment to the left of this page.
Highlights

• 7 participants
• Culinary arts students prepared dinner
• “Goodie bags” included stress relief/healthy eating tools
• 100% of participants reported feeling better about their ability to handle their own and children’s stress in positive ways

Gratitude stone
Implementation in Hood County

- **Facilitator toolkits** – child care requirements, marketing flyers, presentation/lesson plan, handouts, group exercise materials, certificates of completion, evaluations and snacks.

- **Facilitator training** – Complete in 2-3 sessions; includes facilitator skills and tips on teaching the specific lessons.

- **Structured process** – Screened child care workers, good host locations, solid evaluation process, participation tracking, etc.

- **Recruit partners** – Locations for sessions, food to offer parents, printing of handouts, child care personnel, etc.

- **Market our program** – Considering “Parent Café” concept.
Parent Cafés

What are they?

• Series of structured small group conversations that bring parents together to discuss issues important to them.

• Goal is to directly engage parents in building the protective factors needed to promote healthy outcomes for their children.

Join us to…

• Build the protective factors needed to keep our children safe through Nurturing Parenting/Parent Cafés.

• Build upon our county’s existing social support system and support learning within a strong parent network.