

Speaker Introduction

Nurturing Parenting® *Community Based Education*

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Wise Coalition
for Healthy Children

led by Cook Children's

The Center for
Children's Health

led by Cook Children's

Nurturing Parenting

parenting
the nurturing way



- Designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting, and child-rearing practices.
- Increase knowledge/skills of parents & pre-parents; community awareness; community resources.

Source: <http://www.nurturingparenting.com/NPLEvelsPrevent.html>

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Nurturing Parenting

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Community Based Education in Nurturing Parenting

- Series of 10 independent 60-90 minute lessons
- Versatile means of educating families in the community on the philosophy and skills of Nurturing Parenting

Source: <http://www.nurturingparenting.com/NPLevelsPrevent.html>

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Nurturing Parenting

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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/>

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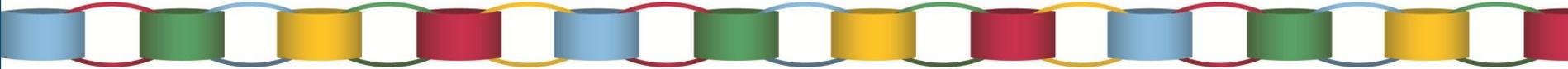
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Successful Implementation

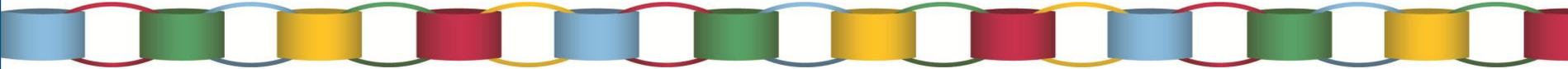
- Assessing parenting needs and implementing the right program → right model → with right dosage
- Employing trained and competent professionals and paraprofessionals capable of facilitating growth of parents and children

Source: *Nurturing Parenting*®



Data Implications for Action

Implied from Data	Parenting Workshop Lessons
Increase family communication skills	<ul style="list-style-type: none">• Lesson 4: Communicating with Respect• Lesson 6: Understanding Feelings• Lesson 10: Learning Positive Ways to Deal with Stress & Anger
Increase knowledge about child development, setting appropriate boundaries for children and developing effective discipline techniques	<ul style="list-style-type: none">• Lesson 2: Ages & Stages of Growth for Infants & Toddlers• Lesson 8: Understanding & Developing Family Morals, Values & Rules• Lesson 9: Alternatives to Spanking
Increase skills to affirm or soothe children	<ul style="list-style-type: none">• Lesson 5: Building Self-Worth in Children• Lesson 7: Praising Children & their Behavior



Data Implications for Action

Implication	Implementation Strategies to Consider
Strengthen social support networks	<ul style="list-style-type: none">• Provide opportunities for parents to learn from one another through Parent Cafés
Increase awareness about community resources for parenting and emotional support	<ul style="list-style-type: none">• Incorporate community resource materials into parenting workshops
Support substance abuse programs	<ul style="list-style-type: none">• Establish and maintain a connection with the Wise Council on Alcohol and Substance Abuse, and STAR (Solutions Toward Addiction Recovery) Council through coalition membership and partnerships• Incorporate community resource information into parenting workshops



Implementation in Wise 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 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 program – *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.



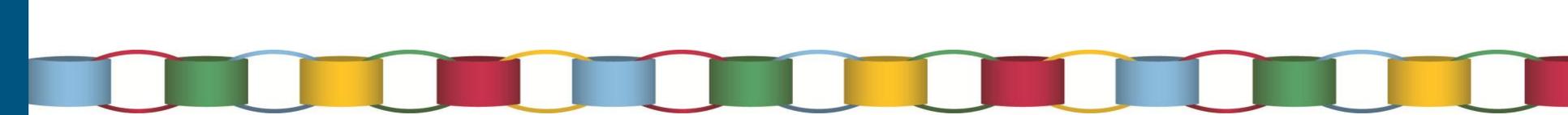
Source: Center for the Study of Social Policy, <http://www.cssp.org/community/>

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Nurturing Parenting® Program

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.

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