Speaker Introduction

Nurturing Parenting®
Community Based Education

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Coalition Member

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Coalition Member
• 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
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
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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| Increase family communication skills                                 | • 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 | • 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                         | • Lesson 5: Building Self-Worth in Children  
• Lesson 7: Praising Children & their Behavior |
## Data Implications for Action

<table>
<thead>
<tr>
<th>Implication</th>
<th>Implementation Strategies to Consider</th>
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<tr>
<td>Strengthen social support networks</td>
<td>• Provide opportunities for parents to learn from one another through Parent Cafés</td>
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<tr>
<td>Increase awareness about community resources for parenting and emotional support</td>
<td>• Incorporate community resource materials into parenting workshops</td>
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<td>Support substance abuse programs</td>
<td>• 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</td>
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<td>• Incorporate community resource information into parenting workshops</td>
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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.

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.