

Nurturing Parenting Programs®

Reference Table by Levels of Prevention

Updated April 21, 2010

A complete listing of all the Nurturing Programs is listed on our website: nurturingparenting.com.

Education-Prevention Programs (Primary Prevention)

Education-prevention programs are designed to empower individuals and families with new knowledge, beliefs, strategies and skills to make good and healthy lifestyle choices. The goal of prevention-education is to empower. Programs at this level are generally **short-term** approximately 5 to 12 sessions (dosage) in length.

**The Prenatal, ABC's, and Health Challenges program sessions are sequential and build upon each other. These are closed end programs, meaning parents are asked to participate in all sessions and no new parents can join the program after Session 2.*

*** Community Based programs that are designed as a series of stand-alone sessions. Parents can select the lessons they wish to attend as mandatory attendance is not required for all sessions.*

	Group-Based	Home-Based	# of Sessions	Session Length	Children's Program Curriculum and additional program notes
<p>*Prenatal Families</p> <p>Pregnant moms and their partners or other adult family members attend 9 sessions. The sessions focus on improving the quality of life for the mom, her partner and the relationship. Parents learn about the dangers of smoking, drinking and use of legal and illegal drug use while pregnant. Parents also learn about proper nutrition, fetal growth and development and healthy brain development.</p>	X		9	2 ½ hours	There is no corresponding program for children.
<p>*ABC's for Parents and Their Children 5 to 8 years</p> <p>Parents and their children 5 to 8 years attend separate sessions that meet concurrently. Parents learn about nurturing parenting skills and ways to promote their children's success in schools. Discipline, communication, helping children express their feelings, strategies for building self-worth and personal power are included in the program.</p>	X		7	2 hours	Children learn comparable skills at age-appropriate levels through puppets, role-play, music, art activities and leader-led discussions. Children close the session by parading into the parent's room proudly displaying their lesson projects.
<p>*Parents and Their Children with Health Challenges</p> <p>The Health Challenges Nurturing Program is designed to help parents and their children born or diagnosed with life-altering illnesses. Parents and school-aged children meet in separate groups one day a week for 8 weeks.</p>	X		8	2 hours	School-age children address issues understanding feelings, self-esteem, building personal power, hope and healing, and handling and expressing feelings like anger, stress, worry and hope.
<p>**Community Based Education: Nurturing Parenting</p> <p>Ten classes offered on power point. Lessons include the philosophy of nurturing parenting, brain development, and discipline, building empathy and self worth, positive ways to deal anger and stress and alternatives to spanking.</p>	X		10	1½ - 2 hours	There is no corresponding children's program.
<p>**Community Based Education: Nurturing Parenting in Military Families</p> <p>Seven classes offered on power point addressing the uniqueness's military parents face in raising their children. Lessons include deployment, reuniting, staying connected, keeping the relationship together and PTSD.</p>	X		7	1½ - 2 hours	There is no corresponding children's program.
<p>**Community Based Education: Alcohol and Kids Don't Mix</p> <p>Five lessons that address the dangers of alcohol addiction, fetal alcohol syndrome, teens and alcohol, prescriptive drug abuse as well as modeling appropriate adult consumption of alcohol.</p>	X		5	2 hours	There is no corresponding children's program.
<p>**Community Based Education: Alcohol, Anger and Abuse</p> <p>Adults learn of the relationship between alcohol abuse, anger and violence, domestic violence and the physical, sexual and emotional abuse of children.</p>	X		5	2 hours	There is no corresponding children's program.

Prevention-Intervention Programs (Secondary Prevention)

Prevention- intervention programs are designed for at-risk youth and teen parents, as well as parents and families experiencing mild to moderate levels of individual and family dysfunction. Programs in this range work on stopping the dysfunction and engaging individuals and families in the process of building positive nurturing beliefs, knowledge and skills. Prevention-intervention programs are referred to as **Moderate Term programs** and are generally from **12 to 20 sessions** (dosage) depending on assessed needs. Individuals and families are required to go through an evaluation/assessment to match the assessed needs to the correct program content and dosage.

	Group-Based	Home-Based	# of Sessions	Session Length	Children's Program Curriculum and additional notes
<p>Nurturing Skills for Families Program</p> <p>Nurturing Skills for Families is an innovative model of the Nurturing Programs that is designed to provide flexibility to meet the needs of the families with children ranging in age from birth to 11 years old. The Lesson Guide for Parents contains over 80 individual lessons presented in 16 competency areas. Core competency lessons form the basic structure of the program. Additional supplemental lessons allow parent educators to tailor the program to the needs of the group or family.</p>	X	X	Variable-based on the assessed needs of the group or family.	2½ hours for group 90 minute home visits	Children attend separate group sessions that meet concurrently with the parents. The Lesson Guide for Children provides lessons that are complimentary to the parents. Depending on the age of the child, home based classes engage parents and child in attachment activities.
<p>Nurturing Skills Programs for Latino, Haitian and Arabic Families</p> <p>The Nurturing Skills Programs for Latino, Haitian and Arabic Families are modeled after the Nurturing Skills for Families Program. All three culturally adapted programs include parenting handbooks and assessment inventories in the native languages. Games, parenting DVDs and other instructional materials are available in Spanish only. Other cultural adaptations of the Nurturing Skills Programs are in production. Core competency lessons form the basic structure of the programs. Group and home-based sessions are provided in Lesson Guides for Parents and Children. Supplemental lesson allow parent educators to tailor the needs of the group or family.</p>	X	X	Variable based on the assessed needs of the group or family.	2½ hours for group 90 minute home visits	Children attend separate group sessions that meet concurrently with the parents. The Lesson Guide for Children provides lessons that are complimentary to the parents. Depending on the age of the child, home based classes engage parents and child in attachment activities.
<p>Nurturing Skills for Teen Parents—Comprehensive Curricula for Schools & Residential Centers</p> <p>Nurturing Skills for Teen Parents is a comprehensive curriculum containing 60 individual lessons that are perfect for teen parenting classes offered in high schools, after-school programs, residential facilities, and by community-based agencies. The Lesson Guide is easy to use detailing the content of each lesson. Core lessons are identified that represent the basic skills of teen parenting. Curriculum offers opportunities to educate teens on issues critical to adolescence including pregnancy prevention, date rape, peer pressure, dating, violent relationships and other health related skills.</p>	X		Variable based on the length of the semester or discretion of the teacher	Classes can run 50 to 90 minutes depending on the institution's schedule	Children are encouraged to be a part of the program to enhance positive teen parent-child attachment. Instructional booklets are provided to assist teens in promoting healthy child development. Adolescents attending teen nurturing parenting classes receive a parent handbook, and engage in role play, discussions, and creative expression through art.
<p>It's All About Being Teens---Comprehensive Curricula for Schools & Residential Centers (<i>call for availability</i>)</p> <p>Designed to enhance the development of nurturing skills in teens, this comprehensive curriculum contains 100 individual lessons that promote healthy teen development. The lessons are presented in nine competency areas. Teens increase their awareness of self and others by sharing issues about themselves, their families, their childhood, as well as issues related to being a teen such as dating, love, sex, date rape drugs, pressure, and drugs. Also included are lessons in communication, handling stress and anger, expressing feelings, building self-worth, hormones, moods, the changing teen brain and differences between male and female brains.</p>	X	X Can be offered in the home	Variable based on the length of the semester or the discretion of the instructor	Classes can run 50 to 90 minutes	Teens receive handouts during the semester and build their class text. Handouts include current topic information, exercises, fill-in-the-blank questionnaires and self report inventories. Students engage in role-play, psycho-drama, discussions, debates, and creative expression. Home practice assignments are designed to build and reinforce program competencies.
<p>Nurturing America's Military Families</p> <p>The Departments of the Navy and Army have implemented the Nurturing Program in the New Parent Support Programs (NPSP) worldwide. The length of the program differs per installation as the NPSP program is voluntary. Families can enter and drop out at will. Deployment and relocation back to the States is common. NPSP is commonly a home visitation program although some bases implement the program in groups. The Lesson Guide stresses nurturing parenting practices as well as issues related to be a military family. Such issues include deployment, staying in touch, PTSD, re-unification and more. Program is appropriate for prevention and intervention.</p>	X	X	Voluntary program. The number of sessions is determined by the NPSP home visitor and parents.	2½ hours for group 90 minute home visits	Depending on the age of the child, appropriate activities are implemented in a pre-school type setting. Home visits engage parents in learning nurturing parenting skills and building positive parent-child attachments.

Prevention-Intervention Programs Adapted from the Nurturing Programs					
	Group-Based	Home-Based	# of Sessions	Session Length	Children's Program Curriculum and additional notes
<p>Nurturing Father's Program</p> <p>A 13 session group-based program designed to increase knowledge, understanding and skills associated with male nurturance. Fathers meet weekly to increase their understanding of their own childhood relationship with their father or father figure, learn to handle feelings of anger and stress, proper communication, ways to nurture themselves and more.</p> <p>Program is appropriate for prevention-intervention.</p>	X		13	2 ½ hours	<p>No corresponding children's program.</p> <p>The Nurturing Fathers Program is an adaptation of the Nurturing Program philosophy and lessons designed and implemented specifically for dads.</p>
<p>"Nurturing God's Way" Parenting Program for Christian Families</p> <p>A 21 session group-based program authored by Sue Laney, Director of the Family Nurturing center of Georgia. This program is designed for families who embrace the teachings of the Bible to guide their parenting beliefs and practices. This cultural adaptation of the Nurturing Program incorporates the basic philosophy of nurturing parenting while assisting parents in building a nurturing Christian family lifestyle.</p> <p>This program is appropriate to use as an intervention.</p>	X		21	2 ½ hours	<p>No corresponding children's program.</p> <p>The Nurturing God's Way program is an adaptation of the Nurturing Program philosophy and lessons designed and implemented specifically for parents of Christian faith.</p>
<p>Family Nurturing Camp Weekend Experience</p> <p>The Family Nurturing Camp is a structured therapeutic weekend camp experience designed to help families build caring, positive family life interaction patterns. The Camp is a structured model based on the multiple components that include psycho-educational groups, family based intervention and therapeutic, recreational and art activities to address the specific issues that affect families at risk for maltreatment.</p> <p>This program is appropriate to use as an intervention</p>	X		Weekend	Weekend	<p>Children engage in art activities, discussions, hikes, trust building exercises, high ropes course and family strengthening activities.</p>

Intervention-Treatment Programs (Tertiary Prevention)					
<p>Intervention-Treatment programs (tertiary prevention) are designed for families referred for parenting education by Social Services/Mental Health for child abuse and neglect and/or family dysfunction. Tertiary level programs "treat" abusive and neglecting parent-child or parent-teen dysfunctional interactions through a process called "re-parenting." In re-parenting, parents increase their understanding of the abuse and neglect they experienced as children and how these parenting beliefs and patterns were passed on to their children. Old, hurtful patterns of parenting are replaced with newer, nurturing patterns.</p> <p>Intervention-treatment programs are generally referred to as Long Term programs and are generally 15 to 25 sessions or longer depending on assessed needs of the family. Programs listed below are evidence-based programs for parents and their children at different developmental/age levels.</p> <p>Note: the Nurturing Program for Parents and Adolescents is 12 sessions in length. However each session is 3 hours in length whereas other group-based Nurturing Programs sessions are 2 1/2 hours in length.</p>					
	Group-Based	Home-Based	# of Sessions	Session Length	Children's Program Curriculum and additional notes
<p>Nurturing Program for Adult Parents and their Infants, Toddlers and Preschool—Group Based (call for availability)</p> <p><i>Available for Latino, Haitian and Arabic families</i></p> <p>Developed, implemented and validated throughout the state of Louisiana, this evidence-based program provides intense group and home based parenting sessions to families receiving services from child welfare. Parents attend 16 group sessions each lasting 2 1/2 hours. Families can also receive home visitations between the group sessions to ensure the knowledge and skills presented in the group sessions are being implemented in home.</p> <p>This program is appropriate to use as an intervention for high-risk adult parents and treatment for parents experiencing early stages of child maltreatment .</p>	X	X	16	2½ hours	<p>Children attend separate group sessions that meet concurrently with the parents. Children learn nurturing through games, fun interactive activities, coloring books, stories, puppets, and discussion.</p> <p>Parents receive home-based tutorial instruction in improving parent-child interactions.</p>

Intervention-Treatment Programs (Tertiary Prevention) continued

	Group-Based	Home-Based	# of Sessions	Session Length	Children's Program Curriculum and additional notes
<p>Nurturing Program for Adult Parents and their Infants, Toddlers and Preschoolers—Home Based <i>(call for availability)</i></p> <p><i>Available for Latino, Haitian and Arabic Families</i></p> <p>A strictly home-based program of 16 sessions, each home visit is 2 hours. The extended time allows the content of the group based and home-based programs presented on page 3 to maintain the content fidelity.</p> <p>The program is appropriate to use as an intervention for high-risk adult parents and a treatment for parents experiencing early stages of child maltreatment.</p>		X	16	2 hour home visits	Home-based program that builds the positive parent-child relationships through bonding and attachment activities. Parents learn ways to build positive brain development through play, fun, and massage.
<p>Nurturing Program for Adult Parents and Their School-Age Children 5 to 11</p> <p><i>Available for Latino, Haitian and Arabic families</i></p> <p>A 15 session group based program with over 25 years of research recognized as one of the top parenting programs in the country design for the treatment and prevention of child abuse and neglect. Parents learn to replace old unwanted abusive parenting patterns for more caring, nurturing ones. Lesson Guides detail the activities for parents who engage in discussion, role play, expressive art activities, and assessments.</p> <p>This program is appropriate to use as an intervention for high risk adult parents and treatment for parents experiencing child maltreatment.</p>	X		15	2½ hours	School-age children attend their own group that meets concurrently with the parents group. There are two subgroups that can be created: children 5 to 8 and children 9 to 12 due to developmental maturation issues. Children are learning many of the concepts the parents are learning to promote easy transition from classroom to home.
<p>Nurturing Program for Teen Parents and their Children <i>(call for availability)</i></p> <p><i>Available for Latino, Arabic and Haitian families</i></p> <p>Teen parents attend 16 sessions that address their role as a parent and the life issues they face as a teen. Based after the Louisiana model, teens can attend 16 group-based classes, or receive 16 home-based classes. Empowering teens to be nurturing parents builds positive parent-child attachment. Empowering teens to make healthy personal choices provides children with positive role models</p> <p>This program can be used as an intervention for high risk teen parents or a treatment for teens that experienced maltreatment.</p>		X	16	2½ hours for group 90 minute home visits	Children of teen parents participate in the program in ways that are appropriate for their age. Activities are available for toddlers and preschoolers while their teen parents are attending their classes. In home settings, the children are a part of the home visits.
<p>Nurturing Program for Parents and their Adolescents</p> <p><i>Available for Hmong and Latino families</i></p> <p>This program is designed to repair abusive parent-teen relationships. Parents and their teens attend separate groups concurrently, and then join as one group for 90 minutes. Parents and teens role-play, discuss, draw, and learn how to live with each other, learn how to play together, to communicate respectfully, and to be a positive, nurturing family.</p> <p>This program is appropriate as an intervention as well as a treatment for abusive and dysfunctional parent-teen relationships.</p>	X		12	3 hours	Teens participate in their own group that meets concurrently with their parents. After break time, parents and teens stay together in one group for 90 minutes. Role play, discussions, expressive art activities, DVDs, inventories are some of the ways parents and teens build positive, nurturing relationships.
<p>Families in Substance Abuse Treatment and Recovery</p> <p>This program is designed for adult women who are in treatment and/or recovery for substance abuse problems. Several conditions have to be in place. The adult in recovery must have a parenting relationship with her children; a healthy relationship with her partner or father of the children; and a positive relationship with the extended family members who may be parenting the child. The program is designed to help parents learn the principles and practices of Nurturing Parenting while assisting parents in strengthening their own recovery, facilitating recovery within their families, and building a nurturing family lifestyle.</p>	X		17	90 minutes	Children participate in a separate group that meets concurrently with the parents group. Activities are designed to help children deal with issues of separation by building a positive parent-child attachment.

Comprehensive Programs 26 to 55 Sessions

Comprehensive programs are ideally suited for agencies like Healthy Start, Head Start, schools, residential centers, home-visitation programs and parent education programs designed to offer long term, more comprehensive parenting education. The Nurturing Programs presented below are evidence-based program that have been validated with agencies providing services over a period of years to families.

	Group-Based	Home-Based	# of Sessions	Session Length	Children's Program Curriculum and additional notes
<p>Teen Parents and Their Children-Group Based</p> <p>Teen parents attend 26 group based sessions. Each session lasts 2 1/2 hours with a break in-between. Lessons address issues of being a teen, a teen parent, and a member of a family.</p> <p>Teens practice parenting skills with their children during class time.</p>	X		26	2 1/2 hours	Activities provided to the children are age appropriate. Facilitators utilize the Nurturing Book for Babies and Children and the Lesson Guide for Children.
<p>Teen Parents and Their Children-Home Based</p> <p>Teen parents participate in 50 home visitations each session lasting approximately 90 minutes. Grandparents are invited to participate in the lessons at the home visitors' discretion.</p>		X	50	1 1/2 hour home visits	The Nurturing Book for Babies and Children is utilized as the guide to build parent –infant attachment. Each home visit has 30 minutes of scheduled parent-child time.
<p>Adult Parents and Their Infants, Toddlers and Preschoolers--Group (Center) Based</p> <p>The group-based (Center-Based) program is a comprehensive parenting program utilized by agencies where parents attend over a period of years. Programs like Head Start offer Center based parenting education. Many agencies modify the length of the group sessions to 1 1/2 hours to allow more interactive time between parent and child.</p>	X		26	2 1/2 hours	Children attending center-based classes for infants, toddlers and preschoolers are involved in a curriculum that is age and developmentally appropriate.
<p>Adult Parents and Their Infants, Toddlers and Preschoolers-Home Based</p> <p>The 55 session home-visitation program is commonly used by agencies offering long-term support to families raising children infancy to preschool. Many Healthy Start and Head Start agencies utilize the program as the basis of their parenting curriculum.</p>		X	55	1 1/2 hour home visits	The Nurturing Book for Babies and Children is utilized as the guide to build-parent-child attachment. Each home visit lasts 90 minutes and 30 of the minutes is devoted to positive parent-child interaction.