

Nurturing Program®

Facilitator Training



Developed by Stephen J. Bavolek, Ph.D.

With

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National Trainer/Consultant #224
Nurturing Parenting Programs®

August 25-27 2021
9:00 am-4:00 pm

Learn the philosophy and goals of the Nurturing Parenting Programs and how to implement and facilitate programs in your community.

Cost: \$200 (Includes materials and an opportunity to become a facilitator for Pathways' Nurturing Program®)

Sponsored by:



29 Emerson Ave
Gloucester, MA 01930
978-281-2400

Application for social work continuing education credits has been submitted. Please contact us at hmaconald@pw4c.org for the status of social work CE accreditation.

Philosophy of Nurturing Parenting:

The philosophy of Nurturing Parenting emphasizes the importance of raising children in a warm, trusting, and caring household. It is founded on the belief that children who are cared for develop the capacity to trust, care, and respect themselves and others. The philosophy of Nurturing Parenting is founded on seven principles:

1. **Feelings of Attachment:** Attachment means a bond between parents and their children that conveys a deep love that is unconditional. When children feel loved unconditionally, communication, trust, and respect naturally follow.

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 children are feeling, thinking, and understanding, and responding to them in a loving and respectful way.

3. **Nurturing Oneself:** Taking time in getting one's own needs met, as an adult, forms the foundation of understanding and helping children get their needs met. Nurturing parents take care of themselves as well as their children.

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 their self.

5. **Discipline:** Setting limits through family rules, teaching right from wrong through family morals and teaching respect and worth through family values are part of a nurturing family. Discipline cannot be imposed, beaten into or forced upon children but rather develops best by children modeling their parents whose example they admire.

6. **Expressing Feelings:** Helping children and adults 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 their self-worth. When parents have appropriate expectations, children learn they are competent people, capable of pleasing others important in their lives.

COVID Statement:

This training will be held in person in Gloucester, MA. Participants must adhere to COVID restrictions at the host facility which may include but not limited to mask wearing, social distancing, meal time breaks outside of the facility, and reduced capacity. Participants will be alerted to protocols as the training approaches.

Who Can Benefit:

Professionals working in education, childcare, mental health, violence prevention, child welfare, school systems, treatment facilities, social work, and social services.

Adult-Adolescent Parenting Inventory (AAPI-2.1):

The AAPI has proven invaluable in assessing parenting attitudes and child-rearing beliefs of parents and adolescents. It provides scores that profile parents at risk for abusing and neglecting children.

Training Schedule: 9:00am-4:00pm

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 & guidelines, humor, laughter and fun.

Day 3: Program Implementation: getting familiar with the curriculum, practice sessions, and best practices. Special emphasis on facilitating groups & clinical services.

Registration Deadline: August 20, 2021

Registration Available at:

<https://cvent.me/ovZADN>

Inquiries/Registration Contact Information:

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