



## **OhioGuidestone Family Nurturing Center of Ohio™**

### **3-Day Virtual Nurturing Parenting Program® Facilitator Training /Relational Skill Building – April 27, 28, 29 2021**

#### **Workshop Description:**

**Times:** Typically from 9:30am – 3:30 pm Daily

A three day Nurturing Parenting Program® Facilitator Training is the NP National standards equaling 18 hours of training. OhioGuidestone staff (3) are Nationally Recognized Trainer/Consultants endorsed by Family Development Resources, Inc, publishers of The Nurturing Parenting Programs. Certificates of Completion and CEU's are available.

Depending on location and funding (when in-person) – Lunch and snacks can be provided.

Cost of 3-Day Training: \$399 per person

Location: **Presently, training is conducted virtually**

Workshop Capacity: 20 - 25 participants is optimum

The three days will focus on incorporating the philosophy, skills and strategies of nurturing parenting. How to use program materials, videos and assessment tools, program activities, family home practice assignments, icebreakers, personal growth lessons, activities for personal power, alternatives to corporal punishment, building self-esteem, self-concept and empathy in parents and children. The training includes lecture presentations, videos, written material and trainee participation. The virtual training component is divided into 3 sections: 2 hours in virtual session, 2 hours off zoom for reading assignment and 2 hours back in virtual session to review readings and additional training content.

#### **The Nurturing Parenting Programs®**

The Nurturing Parenting Programs are family-based programs with a proven track record of preventing the recurrence of child abuse and neglect that address the specific needs of different populations:

- Prenatal Program
- Parents and Their Infants, Toddlers and Preschoolers
- Parents and Their School-Age Children
- Teen Parents and Their Families
- Families in Substance Abuse Treatment and Counseling
- ABC's Program for Parents and Kindergartners
- Crianza con Carino
- Parents and Their Children with Special Needs and Health Challenges
- African-American Nurturing Program Supplement

- Among Parents and Adolescents
- “Nurturing God’s Way” Parenting Program for Christian Families
- Family Nurturing Camp
- Nurturing Skills for Families
- Nurturing Skills for Teen Parents
- It’s all About Being a Teen
- Nurturing America’s Military Families
- ...and more

### **Adult-Adolescent Parenting Inventory (AAPI-2)**

The AAPI-2.1 has proven invaluable in assessing the parenting attitudes and child-rearing beliefs of parenting and adolescents. Founded on five parenting constructs known to lead to abusive parenting, the AAPI-2 provides scores that profile parents at risk for abusing and neglecting children. For more information, visit [www.assessingparenting.com](http://www.assessingparenting.com).

### **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 grow to develop the capacity to trust, care for and respect themselves, other people, living creatures and the environment. The philosophy of Nurturing Parenting is founded on seven principles:

1. **Feelings of Attachment.** Attachment is a bond between parents and their children which conveys a deep, mutual, unconditional love. When children feel loved unconditionally, communication, trust and respect naturally flow.
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 to get one’s own needs met, as an adult, forms the foundation of understanding how to help 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 lives, as well as a healthy and positive sense of themselves.
5. **Discipline.** Setting limits through family rules, teaching right from wrong, communicating family morals and teaching respect and worth through family values are important tasks in a nurturing family. Discipline cannot be imposed, beaten into or forced on children but rather develops best when children model 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 that they are competent people, capable of pleasing others important in their lives.