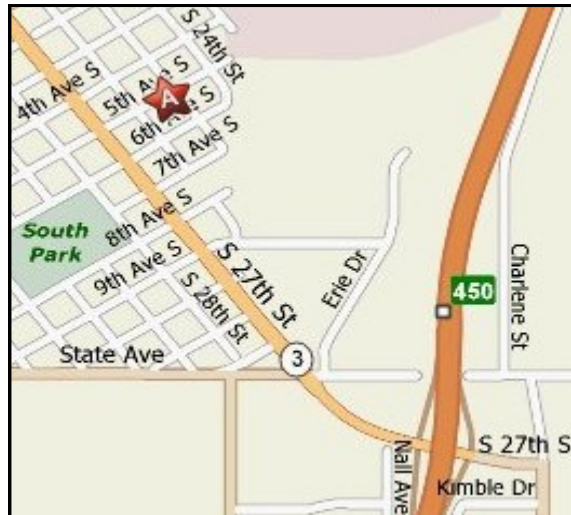


Philosophy of the Nurturing Parenting Program

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, other people and living creatures, and the environment. The philosophy of Nurturing parenting is founded on ten principles:

1. Human behavior is multi-dimensional: cognitive, affective, and neurological.
2. Our *Nature* is influenced by positive and negative *Nurture* experiences.
3. Early Childhood experiences literally become the building blocks for life.
4. Positive and negative life events carry both affective and cognitive cellular memories.
5. Nurturing parenting is based on psycho-educational and cognitive-behavioral approaches to learning.
6. Nurturing Parenting embraces the theory of *re-parenting* oneself.

7. Nurturing oneself as a man or woman is critical in becoming a nurturing father and mother.
8. There is a difference between our "being" (who we are) and "doing" (our roles and responsibilities).
9. Self-awareness and acceptance of past events in childhood are critical aspects of empowerment.
10. Adult learning is based on the assumptions of andragogy: adult's need to know, self-concept, experience, orientation to learning, readiness to learn and motivation to learn.



The Family Tree Center
Billings Exchange Clubs' C.A.P. Center
2520 5th Avenue South
Billings, Montana 59101
(406)252-9799
www.familytreecenterbillings.org

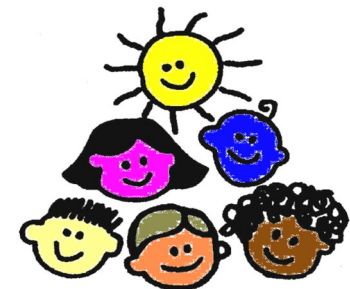
Nurturing Parenting Facilitator Training

July 30 — Aug. 1, 2019



Sponsored by:

The Family Tree Center
Family Nurturing Center of Montana



21 CEUs Available!

Julie Christensen has been a Nurturing Parenting Program trainer for thirteen years. She receives positive feedback from the trainings because they are designed to be **fun, thought-provoking, and experiential**. She feels strongly about the effectiveness of the Nurturing Parenting Program as it provides new tools for parents while also emphasizing that healthy families begin with healthier parents.

Julie believes effective parenting skills are LIFE skills and can be applied to **all** relationships. She facilitates classes on the premise that parents need to be capable of, and are obligated to, keeping their kids safe, healthy, and their dignity intact. Nurturing Parenting provides the tools to help fulfill this obligation.



Family Tree Center has been providing **family advocacy & parenting education** services to Billings and surrounding areas for over 34 years!

Family Tree Center recently earned the ***Family Nurturing Center of Montana*** designation, joining a national coalition of agencies working toward a common goal of strengthening and empowering families. To learn about the programs we provide, visit:

www.familytreecenterbillings.org

Training Outline:

Within the training we examine:

- › Founding principles/risk factors
- › Levels of prevention
- › Program formats and designs
- › Class structure & implementation
- › Program effectiveness & measurement tools
- › Experiential teaching/facilitation

Topics covered:

- › Empathy
- › Parents as models of healthy individuals to their children
- › Discipline, rewards, consequences
- › Establishing family rules
- › Healthy child development
- › The impact of violence
- › Oxytocin, attachment & the brain
- › Building healthy sexual self-worth
- › Recognizing and communicating feelings
- › Problem-solving and decision-making
- › Personal Power and Independence
- ... *and much more!*

The Nurturing Parenting Programs® are recognized by the National Registry of Effective Programs and Practices (NREPP), the Substance Abuse-Mental Health Services Administration (SAMHSA) and the Office of Juvenile Justice and Delinquency Prevention (OJJDP).

Nurturing Parenting Facilitator Training Registration

Registration fee: \$250.00 (includes all materials, light breakfast and snacks each day.)

Name and agency affiliation: _____

Contact information: _____

_____ I would like local hotel information and a map of the training location provided to me.

Remit Registration form and payment to:

The Family Tree Center

2520 5th Ave. S.

Billings, Mt. 59101