

*Learn the philosophy and goals of Nurturing Parenting and how to implement and facilitate the group and home-based Nurturing Parenting Programs™*



Nurturing Parenting®  
Established 1983

## Nurturing Parenting™ Facilitator Training

with

**Bonnie Bailey, MSW, RSW  
& Holly Golanowski, RSW**

January 15, 16 & 17, 2020

**\*ONLINE REGISTRATION ONLY\***  
[cupscalgary.com](http://cupscalgary.com)



**COST:** \$315 CAD (includes GST)  
*Registration closes on January 10, 2020  
No refunds after this date*

**LOCATION:** CUPS (Lower Level)  
1001 10 Ave SW  
Calgary, AB  
*\*paid street and lot parking nearby*

**NURTURING PARENTING™** Programs are evidence based and family-centered programs that aim to prevent the occurrence of child abuse and neglect and that address the specific needs of different populations, including:

- Parents and their infants, toddlers, preschoolers, school aged children & adolescents
- Pre-natal program
- Teen parents and their families
- Families in substance abuse treatment and counselling
- Parents and children with health challenges
- Families from minority groups

**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.

### 3 DAY FACILITATOR TRAINING WORKSHOP DESCRIPTION

9am – 12pm Training Session

1pm – 4pm Training Session

#### DAY 1:

Introduction of the philosophy, skills and strategy of Nurturing Parenting (NP). Participants will experience some of the recommended lesson activities and learn how the NP basics are applied to both the home-based and group-based programs employing the specific program curriculums.

#### DAY 2 & 3:

A hands-on approach to conducting home and group-based NP including: facilitating weekly sessions; how to use program materials, videos and assessment tools; children's and parents' program activities; family home practice assignments; icebreakers; personal growth lessons; activities for personal power; alternatives to corporal punishment; and building self-esteem, self-concept and empathy in parents and children.

Learn how to use the online Adult-Adolescent Parenting Inventory (AAPI-2) to gather pre and post program outcome data. The AAPI-2 assesses parenting attitudes and child-rearing beliefs of parents and adolescents. Founded on 5 parenting constructs known to lead to abusive parenting, the AAPI provides scores that profile parents at risk for abusing and neglecting children. **More info at [www.assessingparenting.com](http://www.assessingparenting.com).**

### ABOUT BONNIE BAILEY, MSW, RSW

For 20 years, and even prior to CUPS' participation in the Nurturing Parenting program, Bonnie has promoted the philosophy of nurturing through parenting programs. Her facilitation style builds on participant self-empowerment, and growth in self-esteem; with the importance of family being central. She has facilitated the *Nurturing Program for Parents & Their Infants, Toddlers and Preschoolers*, the *Prenatal Program*, and the *Community Workshop Series*. In 2015, she was trained and certified as the first Nurturing Parenting Trainer/Consultant in Canada.

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### ABOUT HOLLY GOLANOWSKI, RSW

Holly has been a Nurturing Parent Program Facilitator since CUPS adopted the program in 2011. She has facilitated the *Nurturing Program for Parents & Their Infants, Toddlers and Preschoolers*, the *Prenatal Program*, and the *Community Workshop Series*. A significant aspect of the services offered by CUPS is a comprehensive, multi-faceted, and innovative program for families with children aged 0-5 years. Holly has been integral in moving this forward with CUPS' families. In 2019, Holly was trained and certified as a Nurturing Parent Trainer/Consultant.

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### ABOUT FAMILY DEVELOPMENT RESOURCES, INC. AND FAMILY NURTURING CENTERS INC., CREATORS OF THE NURTURING PARENTING PROGRAMS™

Incorporated in 1983, Family Development Resources, Inc. (FDR) was established by Dr. Stephen Bavolek for the expressed purpose of developing, validating, and distributing parenting programs, videos, and assessment tools to build nurturing parenting skills in families and consequently, prevent and treat child abuse and neglect.

Family Nurturing Centers, Inc. was established to provide training and consulting.

## SEVEN PRINCIPLES OF NURTURING PARENTS

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. Families in substance abuse treatment and counselling.
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 self.
5. **Discipline.** Setting limits through family rules, teaching right from wrong through family morals, and teaching respect and worth through family values are all a part of a nurturing family. Discipline cannot be imposed, beaten into or forced on children but rather develops best by the 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 that they are competent people, capable of pleasing others important in their lives.

\***ACSW Members:** Level A profession development credits are available for this training.