

# Nurturing Program® Facilitator Training

Developed by Stephen J. Bavolek, Ph.D.

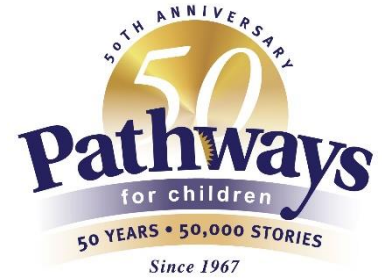
with

**Hailey MacDonald, LICSW**

*National Trainer/Consultant #224  
Nurturing Parenting Programs®*

**July 16-18 2019**

**9 am-4 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, lunch, Social Work CEU'S, and an opportunity to become a facilitator for Pathways' Nurturing Program®)

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

**Training Schedule:** 9am-4pm (lunch provided) at Pathways' 29 Emerson Avenue, Gloucester, MA site

**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: June 28, 2019**

**Registration Available at:**  
[pw4c.ejoinme.org/nurturing2019](http://pw4c.ejoinme.org/nurturing2019)

**Trainer Contact Information:**

**Hailey MacDonald**  
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**Email: [hmacdonald@pw4c.org](mailto:hmacdonald@pw4c.org)**

This training will utilize the

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

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.

*Application for social work continuing education credits has been submitted. Please contact us at 978-515-5381 for the status of social work CE accreditation.*

**Please see reverse side for important information about the philosophy of Nurturing Parenting.**

## **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.

