



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

Nurturing Parenting™ Facilitator Training

with

Bonnie Bailey MSW, RSW

Trainer / Consultant

for Nurturing Parenting™ Programs

Date: January 22, 23 & 24, 2019

Time: 9:00am – 4:00pm

Cost: \$315 CAD (incl. GST)

Location: CUPS (Lower Level)
1001 10 Ave SW,
Calgary AB T2R 0B7

*paid parking available along 10 Ave or in lots across the street from CUPS

Registration Closes: January 15, 2019

For more info, please contact Bonnie Bailey at bonnieb@cupscalgary.com.

ACSW members: Level A profession development credits available.



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 & 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

Times: 9am – Noon
1pm – 4pm

Training Session
Training Session

Day 1:

Introduction of the philosophy, skills and strategies 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.

Days 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.

Nurturing Parenting Facilitator Training Registration

January 22, 23 & 24, 2019 at CUPS,
Calgary, Alberta, Canada

Register online at <http://cupscalgarv.com/events/> or mail this registration form along with your payment to:

CUPS - Attention: Kevin Farnell
1001 10 Ave SW
Calgary, AB T2R 0B7

Registration Deadline: January 15, 2019

(Please call or email to confirm availability after deadline)

Participant Information: (please print)

Name: (as it will appear on your certificate)

Agency: _____

Address: _____

Phone : _____

Email: _____

Method of Payment :

\$315 CAD (includes GST) per registrant.

No refunds after January 15, 2019.

- Cheque** enclosed (payable to: CUPS)
 Credit Card VISA MasterCard Amex

Card #: _____

CSV code: _____ Expiry: _____ / _____

Signature: _____

Card holder's name and address, if different than above:

Name: _____

Address: _____

Seven Principles of Nurturing Parenting:

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 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.

About Bonnie Bailey, MSW, RSW

Bonnie Bailey is a recognized leader in the facilitation of parenting programs and parent education.

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. Bonnie 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* 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. Bonnie has been integral in moving this forward with CUPS' families.

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. For more information, please visit www.nurturingparenting.com