



# THE NURTURING PARENTING PROGRAMS®

The Nurturing Program is **trauma-informed** and has an over 30-year history of being:

**Evidence-based** - recognized by the National Registry for Evidence-Based Programs and Practices (NREPP), the Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Substance Abuse (CSAP); the Office of Juvenile Justice and Delinquency Prevention (OJJDP), and the Child Abuse Prevention Programs (CAPP).

**Competency-based and flexible** - each lesson is sequenced and designed to correspond to the individual and family's developmental learning process. The program is flexible in lesson dosage: the number of lessons offered corresponds to the needs of the families while maintaining fidelity to the programs' model and philosophy.

**Family-focused** - involving parents, grandparents, children, teens, and other family, when appropriate. Current research indicates family-based programs provide the most robust results and have the greatest impact on changing family dynamics.

**Relationship-based** - the most important relationship is between the service provider and the participant; everything else is based on this relationship and fundamental to the change process and healthy functioning.

**Tailor-made** - able to be implemented in various settings, including schools, juvenile, residential, prison, shelters for victims of domestic violence, homes, and community-based settings.

**Multicultural** - meeting the diverse learning needs of families. Programs are available for families in substance abuse recovery, families with special learning needs and health challenges, military families, and families with ethnic diversity, including Hispanic, Haitian, Arab, Chinese, Somali and Hmong.

## Levels of Prevention

**Primary Prevention Programs** - utilized in community-based education classes to enhance nurturing skills for families who may need skills and or minimal support.

**Secondary Prevention Programs** - utilized with high risk families to curb the dysfunction and begin replacing old, hurtful patterns with healthier, more nurturing patterns.

**Tertiary Prevention Programs** - utilized with families in the child welfare system or other systems that are often referred by the courts for long-term parenting education.

## Six Protective Factors

The Nurturing Program meets and exceeds the Six Protective Factors identified by the government for the prevention and treatment of child abuse and neglect:

- 1) Nurturing and attachment
- 2) Knowledge of parenting and child and youth development
- 3) Parental resilience
- 4) Social connections
- 5) Concrete support services for parents
- 6) Social and emotional competence of children

***Creating a Worldwide Culture of Nurturing***



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## **Training Details**

January 17, 24, and 31, 2020 (three Fridays - all must be attended to earn certificate)

9:00 am – 4:00 pm each day (with an hour break for lunch on your own)

Hosted by St. Louise House in South Austin

Cost: \$325 (includes training booklet; materials sold separately)

Trainer: Natalie Beck, DSW, LCSW-S, National Trainer/Consultant #243

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Call or email to register.