



Maine Children's Trust
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Nurturing Parenting Program® Facilitator Training



Developed by Stephen J. Bavolek, Ph.D.

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

Dates: July 29, 30 & 31, 2020

Cost: \$250 per person

Program materials must be purchased separately through Family Development Resources, Inc.

Location: Zoom Video Conferencing Platform

The training will be facilitated by

NPP Trainer/Consultants:

Deb McGrane

Deb Rich and

Denise Trafton

Learn the philosophy and goals of the Nurturing Parenting Programs and how to implement and facilitate programs in your community.

Workshop Description

Times: 9:00am – 12:00pm
12:00pm – 1:00pm
1:00 pm – 4:00 pm

Training Session
Lunch on your Own
Training Session

Day 1: Emphasis will be on the philosophy, skills, and strategies of nurturing parenting through lecture and interactive activities.

Day 2 and 3: Participants will learn how to use the assessments and inventories and gather program outcome data. You will have opportunities to practice facilitating sessions using program materials in a safe environment.

The family is a system. Involvement of all family members is essential to change the system. Empathy is the single most desirable quality in nurturing parenting. Empathy is the ability to be aware of and value the needs of others. When empathy is high among family members abuse is low.

Learning is both cognitive and affective. Education and intervention programs must engage the learner through knowledge and feelings to be effective.

The Nurturing Parenting Programs®

The Nurturing Parenting Programs are family-based programs proven to prevent the recurrence of child abuse and neglect that address the specific needs of different populations:

PRIMARY Prevention-Education

Prenatal Families
ABC's for Parents & Their Children 5 to 8
Parents & Their Children with Special Needs & Health Challenges
Community Based Education (CBE) in Nurturing Parenting
CBE for Military Families
CBE - Alcohol & Kids Don't Mix
CBE - Alcohol, Anger & Abuse
CBE - Teen Pregnancy Prevention
Developing Nurturing Skills (DNS): School-Based Program

SECONDARY Prevention-Intervention

Nurturing Skills for Families
Nurturing Skills for Teen Parents
Nurturing America's Military Families
Nurturing Fathers
Nurturing God's Way
Family Nurturing Camp

TERTIARY Prevention-Treatment

Parents & Their Infants, Toddlers & Preschoolers - 16 Sessions
Parents & Their School-Age Children 5-11 Years
Young Parents & Their Families - 16 Sessions
Parents & Adolescents
Hmong Parents & Adolescents
Families in Substance Abuse Treatment & Recovery
It's All About Being a Teen

COMPREHENSIVE

Teen Parents & Their Children
Parents & Their Infants, Toddlers & Preschoolers
Spanish Speaking Parents & Their Children Birth to 12 Years
Spanish Speaking Parents & Their Children 4 to 12 Years

Adult-Adolescent Parenting Inventory (AAPI-2)

The AAPI has proven invaluable in assessing the parenting attitudes and child-rearing beliefs of parents and adolescents. It provides scores that profile parents at risk for abusing and neglecting children.

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, other people and living creatures and the environment. 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.

Training Information

Nurturing Parenting Program Facilitator Training will be held using **Zoom** video conferencing.

to register

<https://form.jotform.com/90216027435147>

or contact

Denise Trafton at Maine Children's Trust

Phone: 207-623-5120

Email: deniset@mechildrenstrust.org

Registration Deadline: July 15, 2020

Cost: \$250 per registration

No cost for Maine Prevention Council staff and their Community Partners.

Payment arrangements will be addressed once registration is complete.

Deb McGrane- has been working with families for over 30 years in a variety of roles providing parent education. Deb currently works for the Franklin County Children's Task Force, as a Family Visitor/Team Leader for the Maine Families – Franklin Home Visiting Program. Deb also provides facilitator training for the Nurturing Fathers program.

Deb Rich - has been a Parent Educator for over 20 years. She currently works for the Kennebec Valley Community Action Program as the Team Leader/Parent Educator for the Kennebec Prevention Council. Deb has experience in home visiting and teaching pre-school. She has facilitated the Nurturing Parenting Programs for many years. Deb also provides facilitator training for the Nurturing Fathers program.

Denise Trafton – is the Prevention Support Specialist for Maine Children's Trust, working to support Maine's network of Child Abuse and Neglect Prevention Councils to provide evidenced based parent education throughout Maine. Denise has facilitated Nurturing Parenting Programs since 2009, become Trainer/Consultant in 2016. Denise also provides facilitator training for the Nurture HOPE program.