

Family Development Resources, Inc.



Nurturing Parenting Programs®

It's All About Being a Teen/Adolescent Facilitator Training

3 Day Facilitator Training

with

Laura Olson MS, MEd
Trainer/Consultant for the
Nurturing Parenting Programs®

May 24, 26, 2021
9:00 am to 4:00 pm
Virtual

Family Nurturing Center
of Colorado



In three days, participants will learn:

- Philosophy and Values of Nurturing Parenting; Five parenting constructs of abuse/neglect;
- How to facilitate the adolescent program, It's All About Being A Teen.
- How to facilitate the Parents of Adolescents Parenting Program.
- The unique adolescent period of brain development
- Adolescent development and milestones
- Helping parents and adolescents understand the unique needs of this developmental period.
- How to utilize the PARTI Assessment in working with adolescents and their families.



The Nurturing Parenting Programs® are included in SAMHSA's National Registry of Evidence-based Programs and Practices

SIX Protective Factors

The Nurturing Parenting Programs meet and exceed the Six Protective Factors identified by the U.S. Government for the prevention and treatment of Child Abuse and Neglect.

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, 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 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.
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

Do you work with teens? Preteens? The **Nurturing Parenting Programs**® have the program for you.....

The **Parents and Adolescents** program is designed to repair abusive parent-teen relationships. Parents and their teens attend separate groups concurrently, and then join as one group for 90 minutes. Parents and teens role-play, discuss, draw, and learn how to live with each other, learn how to play together, to communicate respectfully, and to be a positive, nurturing family. Teens participate in their own group that meets concurrently with their parents. After break time, parents and teens stay together in one group for 90 minutes. Role play, discussions, expressive art activities, DVDs, inventories are some of the ways parents and teens build positive, nurturing relationships.

It's All About Being a Teen is a dynamic interactive curriculum designed to increase positive self-worth, personal empowerment, self-discipline, empathy, healthy attachments, and resilient-protective behaviors. Developed from the Evidence Based Nurturing Programs, **It's All About Being a Teen** is a 99 lesson, competency based curriculum that empowers professionals with the tools to help teens sort out and master the complexities and challenges of adolescence.

It's All About Being a Teen was developed as a treatment program for adolescents who exhibit maladaptive, disturbed, and delinquent behaviors. The 99 lessons provide specialists in mental health, special education with training in emotional disturbance/behavior disorders, and in drug and alcohol abuse/addiction the opportunity to involve troubled teens in meaningful education designed to develop healthy and nurturing lifestyles.

Teens receive handouts during the semester and build their class text. Handouts include current topic information, exercises, fill-in-the-blank

questionnaires and self report inventories. Students engage in role-play, psychodrama, discussions, debates, and creative expression.

Home practice assignments are designed to build and reinforce program competencies. Each lesson lists the competencies the teens are to acquire (This helps the teens and the teacher/counselor stay on task and be accountable). End of class short essay questions ensure the information has been learned. If the information has not been learned or the competencies have not been acquired, the content is re-taught until competencies have been met.

The Instructor's Manual includes lesson handouts on CD and handouts are given to teens during class as students create their own Handbook. Unlimited downloads are included in the price of the Instructor's Manual. Lessons can be taught in a group/class setting or one-to-one in an office/home setting. Individual lessons can be selected to form education with a prevention or intervention focus.

An invaluable resource for middle-school and high-school teachers, for professionals working with high risk youth in residential and detention centers, and for therapists/counselors working one-to-one with teens

Workshop Details

Dates: May 24-26, 2021

Cost of Training: \$350.00, (Cost of training includes 3-day training, Light Breakfast, Snacks, Ongoing support through the Family Nurturing Center of Colorado

Basic Program Materials:

It's All About Being a Teen - \$200.00
Parents and Adolescents - \$80.00
(can be purchased in addition to training to be picked up at training)

Location: Virtual

Times: 9:00 to 4:00 training with one hour break for lunch

Presenter: Laura Olson, MS, MEd
(719) 651-8928

Please RSVP to lolson.palome@gmail.com

Nurturing Parenting

Programs® 

Sales & Materials

Family Development Resources, Inc.
800-688-5822; fdr@NurturingParenting.com

Training

Family Nurturing Centers Int.™
262-652-6501; fnc@NurturingParenting.com

Assessing Parenting

Assessing Parenting is an online application that scores and records inventory assessments of participants. Home of the **Adult-Adolescent Parenting Inventory (AAPI-2)** and the **Nurturing Skills Competency Scale (NSCS)**. Agencies can then access profile and program data for reporting and intervention.

Visit us at: AssessingParenting.com