



Kim Thomas Haar is a Licensed Professional Counselor as well as a Licensed Marriage and Family Therapist. She works in her own private practice and sees individuals, couples, families, as well as facilitates groups at *There's Hope! Counseling* located in Tulsa, OK.

Kim was first trained in the Nurturing Parenting Programs in 2005 when she began volunteering at an agency to teach parenting classes. She has since facilitated Nurturing Parenting groups for parents of school age children, teen parents, as well as parents of infants and toddlers.

In 2012, Kim became a Nationally Recognized Nurturing Parenting Program Trainer/Consultant. She is excited about new opportunities to share the Nurturing Parenting philosophy in other communities.



Carol Sartin worked for over 11 years as the Volunteer Coordinator at The Parent Child Center of Tulsa. She recently left this position to spend more time with her grandbabies but continues to serve as a contract Nurturing Parenting Facilitator.

Carol started as a volunteer in the NP program in 2005. After attending NP classes and the three day NP Facilitator training, she has been facilitating classes for parents referred by DHS for child abuse and/or neglect issues as part of the treatment plan process for reunification.

Carol has completed the Nurturing Parenting Program Training of Trainers Workshop. She has worked to establish community based parenting classes which utilizes volunteers in a facilitator capacity. Carol feels strongly that the constructs and skills taught in Nurturing Parenting are applicable in everyday personal interactions and relationships and equips parents to be successful.

Kim Thomas/ Carol Sartin
512 E. 120th Pl. S.
Jenks, OK 74037

Nurturing Parenting Program[®] Facilitator Training

With

Kim Thomas and Carol Sartin

*National Trainer/Consultants
Nurturing Parenting Programs*



Dates: Sept. 25-27, 2019

Cost: \$295.00

Location: The Parent Child Center of Tulsa
1421 S. Boston Ave Tulsa 74119

Phone: (918) 576-8478

Registration Deadline: September 15, 2019

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

The Nurturing Parenting Programs[®] are recognized by the National Registry of Effective Programs and Practices (NREPP), the Substance Abuse-Mental Health Services Administration (SAMHSA) and the Office of Juvenile Justice and Delinquency Prevention (OJJDP).

Workshop Description:

**Times: 8:45 Registration (First Day Only)
9-4 Remaining 2 days**

Day 1-3 This training will focus on incorporating the philosophy, skills and strategies of Nurturing Parenting. Participants will learn how to design home-based and group-based parenting programs utilizing the proven lessons of the Nurturing Parenting Programs. A hands on approach to conducting the Nurturing Parenting Program includes facilitating weekly sessions, how to use program materials, videos and assessment tools, children's and parents' program activities, family home practice assignments, ice breakers, personal growth lessons, activities for personal power, alternatives to corporal punishment, building self-esteem, self concept, and empathy in parents and children. Participants will learn how to use the online version of the *Adult-Adolescent Parenting Inventory (AAPI-2)* to gather pre and post program outcome data.

The Nurturing Parenting Programs are family based programs with a proven track record of preventing 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 & 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

The AAPI-2 has proven invaluable in assessing the parenting attitudes and child-rearing beliefs of parents and adolescents. Founded on five parenting constructs known to lead to abusive parenting, the AAPI provides scores that profile parents at risk for abusing and neglecting children. For more info, visit www.assessingparenting.com.

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, & 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 One's Self.** Taking time in getting one's own needs met, as an adult, forms the foundation of understanding & 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 & 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.

REGISTRATION FORM

Nurturing Parenting Program Facilitator
3 DAY Workshop
September 25-27, 2019
Tulsa, Oklahoma

MAIL THIS FORM, along with your registration fee payable to:

Carol Sartin

512 E. 120th Pl. S.
Jenks, OK 74037
Phone: (918) 576-8478

Email: carolsartin@cox.net

Registration Deadline: September 15, 2019

Call for availability after deadline.

Name of Participant(s) _____

Multiple registrations: Fill out one registration for each participant:

Participant Name: _____

Agency: _____

Address: _____

City, State, Zip: _____

Phone: _____ **Fax:** _____

Email: _____

- Confirmations will be sent via email.
- **Site is handicap accessible**
- No refunds or cancellations after Sept. 15, 2019
- Paid fee is redeemable for one NPP training.

\$295.00 per registration
Checks or Money Orders Only

Payable to: Carol Sartin