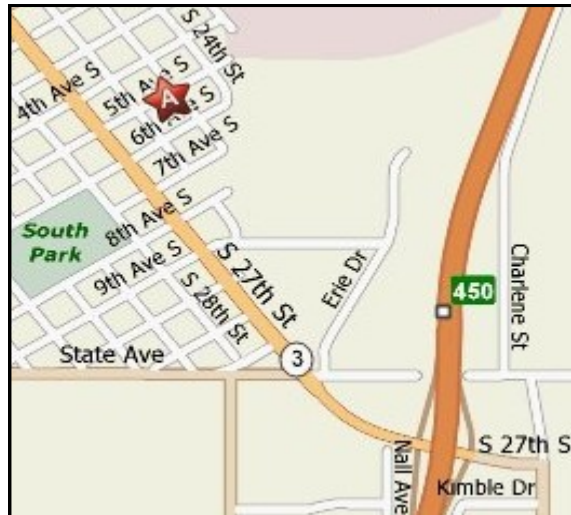


## Philosophy of the Nurturing Parenting Program

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 ten principles:

1. Human behavior is multi-dimensional: cognitive, affective, and neurological.
2. Our *Nature* is influenced by positive and negative *Nurture* experiences.
3. Early Childhood experiences literally become the building blocks for life.
4. Positive and negative life events carry both affective and cognitive cellular memories.
5. Nurturing parenting is based on psycho-educational and cognitive-behavioral approaches to learning.
6. Nurturing Parenting embraces the theory of *re-parenting* oneself.

7. Nurturing oneself as a man or woman is critical in becoming a nurturing father and mother.
8. There is a difference between our "being" (who we are) and "doing" (our roles and responsibilities).
9. Self-awareness and acceptance of past events in childhood are critical aspects of empowerment.
10. Adult learning is based on the assumptions of andragogy: adult's need to know, self-concept, ex-perience, orientation to learning, readiness to learn and motivation to learn.



**The Family Tree Center**  
Billings Exchange Clubs' C.A.P. Center  
2520 5th Avenue South  
Billings, Montana 59101  
(406)252-9799  
[www.familytreecenterbillings.org](http://www.familytreecenterbillings.org)

## Nurturing Parenting Facilitator Training

**November 2-4, 2021**

Tues: 8-4

Wed: 8-4

Thurs: 8-12

\*lunch 12-1pm on your own



**Nurturing Parenting®**  
Established 1983

Sponsored by:

**The Family Tree Center**  
Family Nurturing Center of Montana



**Teresa Nygaard:**

Current Executive Director of St. Luke Community Healthcare Foundation, Teresa is an ACE (Adverse Childhood Experiences) Master Trainer and National Trainer for Nurturing Parenting Programs and Darkness 2 Light. She is also past Executive Director of The Parenting Place, Vice President, Board of Directors, Prevent Child Abuse MT and has been working with children and families in some capacity for over 30 years.



After three decades in the child abuse prevention field, Teresa moved into the healthcare arena where she currently focuses on all aspects of physical and mental health and wellness. Blending cutting edge technology and services with one of the most rural areas in Montana, the Flathead Indian Reservation, has been both challenging and rewarding. An emphasis on telehealth services and an improvement in chronic care management has led to positive outcomes for this area. Teresa has worked with very diverse populations and conditions, which has had a lasting impact on how she views prevention work. Whether preventing child abuse or health issues, the focus comes back to relationship.

The Family Tree Center has been providing **family advocacy & parent education** services to Yellowstone County and the surrounding areas for over 36 years!

In 2014 the Family Tree Center earned the **Family Nurturing Center of Montana** designation, joining a national coalition of agencies working toward a common goal of strengthening and empowering families. To learn about the programs we provide, visit:

[www.familytreecenterbillings.org](http://www.familytreecenterbillings.org)

**Training Outline:**

Within the training we examine:

- › Founding principles/risk factors
- › Levels of prevention
- › Program formats and designs
- › Class structure & implementation
- › Program effectiveness & measurement tools
- › Experiential teaching/facilitation

**Topics covered:**

- › Empathy
  - › Parents as models of healthy individuals to their children
  - › Discipline, rewards, consequences
  - › Establishing family rules
  - › Healthy child development
  - › The impact of violence
  - › Oxytocin, attachment & the brain
  - › Building healthy sexual self-worth
  - › Recognizing and communicating feelings
  - › Problem-solving and decision-making
  - › Personal Power and Independence
- ... and much more!*

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).

# Nurturing Parenting Facilitator Training Registration

Registration fee: \$250.00 (includes all materials, light breakfast and snacks each day.)

Name and agency affiliation: \_\_\_\_\_

Contact information: \_\_\_\_\_

\_\_\_\_\_ I would like local hotel information and a map of the training location provided to me.

Remit Registration form and payment to:

The Family Tree Center  
2520 5th Ave. S.  
Billings, Mt. 59101