

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



Nurturing Parenting®
Facilitator Training
with
Holly Golanowski #283 - RSW
Trainer / Consultant
For Nurturing Parenting® Programs

DATE: September 10, 11 and 12, 2025

TIME: 9am – 5pm MDT

COST: \$450 CAD - Incl. GST and facilitator learning materials.

**NP PROGRAM materials are purchased separately.

LOCATION: TBA – Depending on agency request.
Option to have it online or in person.

Early registration is encouraged to allow for mailing of training materials. Group size is limited to 10.

For more info, please email:

Hollyg55@gmail.com

NURTURING PARENTING® Programs are evidence based and family-centered programs that aim to prevent the occurrence of child abuse and neglect. Training provides an opportunity to learn about the basic foundational principles. Participants will then need to select a curriculum which best addresses the specific needs of the population that they serve. Some examples from among the 35+ curriculums available include:

- Parents and their infants, toddlers, preschoolers, school aged children & adolescents
- Pre-natal program
- Teen parents and their families
- Families in substance abuse treatment and recovery
- Parents and children with health challenges
- Families from minority groups

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.

3 DAY FACILITATOR TRAINING WORKSHOP DESCRIPTION:

DAY 1 - Introduction of the philosophy, principles and strategy of Nurturing Parenting® Programs. Participants will learn how the NP lessons are applied to both the home-based and group-based programs employing any of the program curriculums.

DAY 2 & 3 - Participants will have the opportunity to build skills by preparing and co-facilitating a lesson using NP program materials. Following a seven step lesson planning guide, participants will explore the NP method of supporting parents' discovery of healthy parenting practices through relationship building tools, discussions encouraging self-exploration, and activities aiming at learning and facilitating NP lessons. Participants will learn about the importance of family home practice assignments and evidence based measurement tools.

EVIDENCE BASED MEASUREMENT TOOLS:

Learn how to use the online **Adult-Adolescent Parenting Inventory** (AAPI) and the **Nurturing Skills Competency Scale** (NSCS) to gather pre and post program outcome data. The AAPI assesses the risk for abuse and neglect in parenting attitudes and child-rearing beliefs, while the NSCS gathers demographics and assesses knowledge and utilization of nurturing practices. [More info at www.assessingparenting.com](http://www.assessingparenting.com).

Nurturing Parenting® Facilitator Training Registration Form

Register by mailing
this registration form along with payment to:
Hollyg55@gmail.com

MAIL REGISTRATION DEADLINE: Sept 1, 2025
EMAIL (with E-TRANSFER) DEADLINE: Sept 1, 2025

Please scan and email registration form.

NAME: _____

AGENCY: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

METHOD OF PAYMENT:

\$450 CAD (INCL. GST) per registrant.

☐ **CHEQUE ENCLOSED**

PAYABLE TO Holly Golanowski

☐ **E-transfer to: hollyg55@gmail.com**

**If applying for the Alberta Job Grant, please ensure to
do this 6-8 weeks ahead of the training dates.**

SEVEN PRINCIPLES OF NURTURING PARENTING®

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. Families in substance abuse treatment and counselling
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 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 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.

ABOUT HOLLY GOLANOWSKI, RSW

Holly has been a Nurturing Parenting® Program Facilitator since 2011. She has facilitated the *Nurturing Program for Parents & Their Infants, Toddlers and Preschoolers*, the *Prenatal Program*, and the *Community-Based Education Workshop Series*. A significant aspect of the services is a comprehensive, multi-faceted, and innovative program for families with children aged 0-6 years. Holly has been integral in moving this forward with Calgary families. In 2019, Holly was trained and certified as a Nurturing Parenting® Trainer/Consultant and trains agency staff internationally.

ABOUT FAMILY DEVELOPMENT RESOURCES, INC., CREATORS OF THE NURTURING PARENTING® PROGRAMS

Incorporated in 1983, Family Development Resources, Inc. (FDR) was established by Dr. Stephen Bavolek for the expressed purpose of developing, validating, and distributing parenting programs, videos, and assessment tools to build nurturing parenting skills in families and consequently, prevent and treat child abuse and neglect.

For more information, please visit www.nurturingparenting.com