

Jennifer Moss, MA, MFT

Has been a Nationally Recognized Trainer/Consultant for the Nurturing Parenting Program since 2007 and is the primary Specialty Trainer for all of the Nurturing Programs.

She has facilitated NPP programs for all ages as well as Teen Nurturing Parenting Programs in both group and home base settings. In addition, she also piloted the following programs in Hawaii: Families in Substance Abuse & Recovery, Nurturing Fathers and Marriage & Parenting programs!

Educational Background:

- MA, Marriage & Family Therapy
Argosy University, Hawaii
- B.A., VT College of Norwich University
- Time to Teach, Educational Consultant

Jennifer has been working with couples and their children for over ten years, predominantly on the Hawaiian Islands and now, all over the Pacific Northwest.

She has two teenaged children in which she shares many humorous and vivid experiences of many years of single parenting.

Testimonials

“So much fun and so much information, I felt like I was going to burst...in a good way!”

“Jen is one of the best hands on trainers I have ever experienced “

“I felt really nurtured, Jennifer is so authentic and her stories make you realize she not only knows this stuff, she has lived it!”

Jennifer Moss
12356 NE Brazee St
Portland OR 97230

Nurturing Parenting Program® **ONLINE (1.5 day)** **NPP Refresher** **Training**

With

Jennifer Moss, MA, MFT
National Trainer/Consultant
Nurturing Parenting Programs

Dates: Jan 17+ 18 9am-4:30pm (Central time)

***Pre-requisite-prior 3 day NPP Facilitator Training**

Cost: \$175 per person

Sponsored by: Family Nurturing Center of the Pacific Northwest

Location : ONLINE

Mobile: 808-281-1494



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

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).

This 1.5 day training...will review the philosophy, skills and strategies of nurturing parenting. Participants will practice implementation of home-based and group-based parenting programs utilizing the proven lessons of the Nurturing Parenting Programs. A hands-on approach to conducting sessions includes: utilizing assessment tools, children's and parents' program activities, family home practice assignments, icebreakers, personal growth lessons, communication dialogue, activities for personal power, positive discipline techniques, building self-esteem, emotional regulation, stress management, self-concept and explores empathy in parents and children. Participants will review use of the online version of the *Adult-Adolescent Parenting Inventor(AAPI-2)* to gather pre and post program outcome data.

Full Agenda will encompass content review, implementation, lesson planning, practice of activities and group/home and children's activities.

The Nurturing Parenting Programs®

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:

- Prenatal Program
- Parents and Their Infants, Toddlers, and Preschoolers
- Parents and Their School-Age Children
- Parents and Adolescents
- Teen Parents and Their Families
- Families in Substance Abuse Treatment & Recovery
- ABC's Program for Parents and Kindergarteners
- Crianza con Cariño Birth to Five Years
- Crianza con Cariño 4-12 Years
- Parents and Their Children with Health Challenges
- African-American Nurturing Program Supplement
- Hmong Parents and Adolescents
- Nurturing Parenting Program for Christian Families
- Family Nurturing Camp
- Nurturing Skills for Parents
- Nurturing Skills for Teen Parents
- Nurturing America's Military Families

Adult-Adolescent Parenting Inventory (AAPI-2)

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 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 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 Refresher Workshop

January 17th & 18th 2022
ONLINE

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

Jennifer Moss
12356 NE Brazee St
Portland OR 97230
Mobile: 808-281-1494
Email: jennifermossmft@gmail.com
www.Jennifermossmft.com

Registration Deadline: January 10th
Call for availability after deadline.

Multiple registrations: Fill out one registration for each participant: Contact # and Email required.

Staff Name _____

Agency Name _____

Address _____

City/State/Zip _____

Cell Phone Contact: _____

Email Address

- Confirmation will be sent via email.
- Inquire if site is handicap assessable.
- No refunds for cancelations.
- All Paid fees are transferable for a future NPP training or staff member.

\$175 per registration
Checks Payable to:
Jennifer Moss, MFT

****Email to pay by credit card via Paypal or Square.***