

Philosophy of Nurturing Parenting® Programs

The philosophy of Nurturing Parenting® Programs 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 for, and respect themselves, other people and living creatures, and the environment. The philosophy 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, from 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 examples they admire.
- 6.) Expressing Feelings. Helping children and adults learn appropriated 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.

Meet Your Trainer

Teresa Nygaard, LBSW



Teresa Nygaard, LBSW, is a dedicated professional with over three decades of experience working with children, families, and communities. As the owner of DragonFly406 Training & Consulting, she serves as a Montana ACE (Adverse Childhood Experiences) Master Trainer and a National Trainer for Nurturing Parenting Programs and Darkness to Light/Stewards of Children. Previously, Teresa served as the Executive Director of The Parenting Place and currently contributes to the field as a member of the Board of Directors for the Child Abuse Prevention Network of Montana. Her work spans diverse populations, including incarcerated individuals, law enforcement, school systems, and Montana's reservation communities. Teresa's extensive experience has deepened her commitment to prevention and healing, rooted in the belief that positive relationships are the foundation of meaningful change.

406-239-9091

DragonFlyconsulting406@gmail.com



Nurturing Parenting®
Established 1983

NURTURING PARENTING FACILITATOR TRAINING



September 22-24 2025

9 am - 4 pm
Billings, MT

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
- 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.

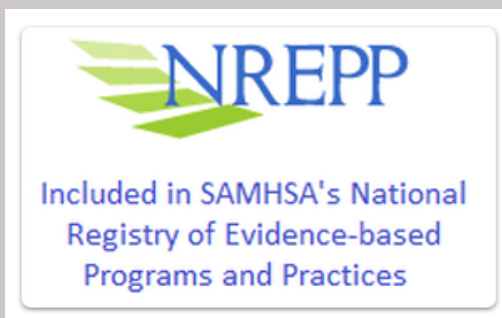
Topics covered:

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

Training Location

TBD

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 Form

Registration Fee: \$450

*Includes all training materials

Your Name:_____

Agency Name:_____

Contact Information:

Address:_____

Phone:_____

Email:_____

**Please remit payment &
registration to:**

DragonFly406 Training & Consulting
Teresa Nygaard
1101 W. Greenough Dr F-1
Missoula, MT 59802
406-239-9091
dragonflyconsulting406@gmail.com

****Contact me if you wish to use a
credit card for payment****

*A confirmation email will be sent upon receipt of registration and payment for training.