

Family Development Resources, Inc.



## Nurturing Parenting<sup>®</sup> Programs

### Three-Day Facilitator Training

Laura Olson MS, MEd

September 11-13, 2024

9:00 am to 4:00 pm

Virtual



#### In three days, participants will learn:

- Philosophy of Nurturing Parenting<sup>®</sup> ;
- Five parenting constructs of abuse/neglect;
- Impact of maltreatment on brain development;
- How to assess high-risk parenting beliefs;
- How to tailor programs based on family's needs;
- How to gather process evaluation data;
- How to evaluate pre and post program impact;
- How to implement home and group-based models

#### TRAINING DESCRIPTION

The three-day training will focus on understanding the philosophy of nurturing parenting, assessing high risk parenting beliefs and environments, creating competency based parenting lessons and programs tailored to meet the individual parenting needs of families, and implementing programs at the primary, secondary and tertiary levels of prevention.

Participants will experience a hands-on approach to implementing home-based, group-based and a combination home-based/group-based program model.

Participants will learn how to administer and score the online versions of the Adult-Adolescent Parenting Inventory (AAPI-2) and the Nurturing Skills Competency Scales (NSCS), and how to select the best Nurturing Program model for your agency.

Participants will also learn how to monitor the success of families through on-going process evaluation strategies designed to measure the attainment of parenting knowledge and skills.

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Learn how to implement the  
**evidence-based** Nurturing Parenting  
Programs to meet the specific parenting  
needs of families.



The Nurturing Parenting Programs<sup>®</sup> are included in SAMHSA's National Registry of Evidence-based Programs and Practices

The philosophy of Nurturing Parenting<sup>®</sup> 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, 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.
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

**SIX Protective Factors**

The Nurturing Parenting<sup>®</sup> Programs meet and exceed the **Six Protective Factors** identified by the U.S. Government for the prevention and treatment of Child Abuse and Neglect.

## Nurturing Parenting® Programs By Prevention Level:

### Primary PREVENTION-EDUCATION

Prenatal Families • ABC's for Parents & Their Children 5 to 8 • Parents & Their 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 PROGRAMS

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

### Nurturing Parenting® Programs Sales & Materials

Family Development Resources, Inc.  
800-688-5822; fdr@NurturingParenting.com

### Training

Family Nurturing Centers Int.™  
262-652-6501; fnc@NurturingParenting.com

### Assessing Parenting

Assessing Parenting is an online application that scores and records inventory assessments of participants. Home of the **Adult-Adolescent Parenting Inventory (AAPI-2)** and the **Nurturing Skills® Competency Scale (NSCS)**.

Agencies can then access profile and program data for reporting and intervention.

### Laura Olson MS, MEd

Laura is the Executive Director of Palomé Child and Family Specialists, LLC in Colorado Springs, Colorado. Laura is also the National Trainer/Consultant for the Nurturing Programs at the Family Nurturing Center® of Colorado. She specializes in working with families involved in the child welfare system and provides psychoeducational services, parenting education, family preservation and family reunification services within the community. Laura has 30 years of experience working with children and families in human service and educational settings. She has been implementing the Nurturing Parenting Program for the past 13 years in both group and home-based settings, primarily with families involved in the child protection system. Laura has a Master of Education in Creative Arts and Learning as well as a Master of Science in Psychology. Laura has extensive experience in the areas of child protection, child risk and safety, working with children with severe behaviors, domestic violence, parenting education, trauma, family preservation and implementing the Nurturing Parenting® Program. She has been recognized as an expert in the field of child protection and parenting, often testifying in dependency and neglect cases within her area of expertise.

### Workshop Details

Dates: **September 11-13, 2024**

Cost of Training: \$450.00

Location: **Virtual**

Times: 9:00 to 4:00 training with one hour break for lunch

Presenter: Laura Olson, MS, MEd  
(719) 651-8928

Please RSVP to [lauraolson@palome.org](mailto:lauraolson@palome.org)

