

## Family Nurturing for parents of Infants, Toddlers and Children



For many parents, raising a child can be an ongoing struggle. Different problems seem to arise everyday, and just when one gets resolved, another comes around the corner. While there are no perfect parents or children, The Nurturing Program supports mothers and fathers in becoming better parents.

All parents want to do the best job they can with their children. This program gives them the tools they need to do that job well. This course will teach parents effective discipline methods, how to prevent problems such as tantrums, ways to build a loving bond with their child, the best ways to childproof their home, how to care for their child at different ages and stages, great ways to care for themselves and how to deal with the stress of parenting infants, toddlers and young children.

The class designed is to build self-awareness, positive self esteem and empathy; teach alternatives to yelling and hitting; enhance family communication and needs awareness; promote healthy physical and emotional development; and teach appropriate role and developmental expectations.

The program replicates the "Nurturing Parenting Program" by Dr. Stephen Bavolek. It is a proven validated curriculum that research has been shown to be successful in developing effective parenting skills and child rearing practices. The curriculum is recognized by CSAP Center for Substance Abuse; OJJDP, Office of Juvenile Justice and Delinquency Prevention; and SAMHSA Substance Abuse and Mental Health.

Classes are ongoing throughout the year and participants may begin the class at any time. Classes meet on Wednesday evenings from 5:45 to 7:45. The program uses the Nurturing Program curriculum The cost to attend the program is \$10 per week or \$15 per couple. Certificates will be given when parents have completed 12 weeks and have participated the program. Call Pat at (517) 372-4700 to sign up or FAX 372-8499.

Areas covered in the 12 week program include:

### *Getting Started and Goals*

Hopes and Fears, Assessing Parenting Strengths, Nurturing Parenting Philosophy, Nurturing Parenting, Nurturing as a Lifestyle, When Parents Don't Get Along

### *Growth and Development of Children*

Children's Brain Development. Expectations and Development of Children, Ages and Stages: Infant,

Toddler, Preschooler Development, Skill Strips and Review, Nutrition and Mealtime, Toilet Training, Bed Wetting

### *Family Values, Morals, and Rules*

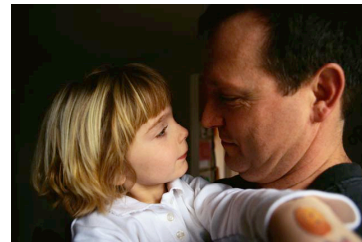
Developing Empathy, Parents' and Children's Needs, Spoiling Your Children, Role of Man in Family, Personal Relationship Values, Family Rules

### *Managing and Expressing Feelings*

Recognizing and Understanding Feelings, Helping Children Learn to Handle Their Feelings, Rewarding Appropriate Behavior, Praising Children and Their Behavior, Negative Labels, Verbally Abusive Parents

### *Understanding Discipline*

Understanding Discipline, Age Appropriate Discipline, Developing Ignoring Irritating Behaviors



### *Personal Power and Empathy*

Developing empathy in children, Children and Their Behavior, Plan to get needs met, Establishing Nurturing Parenting Routines -- Diapering and Dressing, Feeding Time, Bath Time, and Bed Time, Building Self-Worth & Personal Power in Children Improving Children's Self-Worth, Building Personal Power, People, Possessions and Positive Self-Talk

### *Punishing Inappropriate Behavior*

Punishing Children's Behavior, Time-Out, Three Questions to Ask Before Spanking, Why Parents Spank Their Children, Helping Children Manage Their Behavior, Verbal & Physical Direction, Ignoring Inappropriate Behaviors, and Alternatives to Spanking

### *Choices and Consequences*

Choices, Advice for getting your child to do anything, How to tame a two-year-old, When Your Child Won't Stop Lying

### *Feelings*

Primary feelings, Communicating with "I" statements, Undivided Attention exercise

### *Problem Solving, Decision Making*

Problem solving and decision making worksheet, Anger, Children and anger, Negotiation and Compromise

### *Anger*

Low Frustration, You can control your anger, Triggers and troublemakers, Confrontation and Criticism

### *Alcohol Use and Abuse*

Happy Hour, If you grew up in an alcoholic home, effects of alcohol on your baby, consequences of parental substance abuse, How can I tell if I or a friend has a problem, resources.