

NURTURING PARENTING SERIES

Nurturing Parenting is a series of 10 classes that helps provide the resources and tools parents and families need to navigate through the challenges they face while raising their child(ren).

Philosophy of Nurturing Parenting

This class focuses on the basic philosophy used in the Nurturing Parenting Program. Nurturing Parenting is centered by the belief children who are cared for and treated respectfully will treat themselves and others in the same manner.

Ages and Stages of Growth for Infants and Toddlers

The goal of this class is to increase parents' awareness for appropriate expectations, and positive ways to encourage children to reach their developmental milestones.

Ways to Enhance Positive Brain Development in Infants and Teens

Parents gain an understanding of the developmental changes occurring in the brains of young children and teens and techniques parents can utilize to improve that development while building confidence in children of all ages.

Communicating with Respect

Communicating with children can sometimes feel challenging. The key for parents and caregivers is to communicate thoughts and feelings in a manner that does not purposefully hurt them. This class offers strategies and tips to improve communication with children and parents/caregivers which helps to build family functioning.

Building Self-Worth in Children

How does your child feel about themselves? Helping children feel good about who they are is one of the most important roles of a parent or caregiver. This class provides helpful tools and tips to encourage a child's development and build a more positive self-image.

Discipline, Rewards and Punishment

This class will discuss strategies to support creating a disciplined, caring, family home.

Understanding Feelings

Parents learn how to understand their children's feelings and the effect the parent's feelings have on their children. This class helps parents and caregivers learn how to recognize feelings their child(ren) exhibit and how to help their child(ren) express those feelings and identify them.

Developing Family Morals, Values and Rules

The focus of this class is for parents to learn the importance of developing family guidelines, as a foundation for the family expectations and linking them to consequences and discipline.

Praising Children and their Behavior

This class focuses on the importance of giving praise to children. Praise is effective in encouraging children (especially older children) to relate to how they feel about who they are, and to their achievements, praise also encourages positive self esteem and self-worth.

Alternatives to Spanking

Parents learn positive guidance techniques and non-violent means of discipline with young children. This class offers many examples and alternative methods that can be used to deter negative behavior and build positive outcomes for the child(ren) and family.

Positive Ways to Deal with Stress and Anger

Parents and caregivers learn positive techniques to deal with the stress of parenting. of reducing their stress and that of their children.

Developing Personal Power in Children

This class focuses on helping our children develop a strong sense of personal power: a drive to accomplish things, create things, and make the world a more caring place.



casa de los niños

CHANGING LIVES FOR GENERATIONS