

Nurturing Parenting Program Information Sheet

The Nurturing Parenting Program was developed by Dr. Steven Bavolek. The approach taken supports parents participating in the program to implement the Nurturing Parenting philosophy which includes the following areas:

1. Feelings of attachment. Attached parents convey unconditional love to their children.
2. Empathy. The ability of parents to put themselves in the place of their children.
3. Nurturing Oneself. Parents take time each day to get their needs met as men and women.
4. Discipline. Setting limits through family rules and teaching respect and self-worth through family values.
5. Expressing feelings. The ability to identify and express personal feeling and recognize and respond to the feelings of others.
6. Expectations and self-worth. Knowing what to expect of children as they progress through developmental stages of growth and maturity.
7. Gentle touch. Children who experience warm and gentle touch develop a strong and healthy sense of self.

The ten week workshop program has been identified at this time as the most suitable one to implement in your community. The facilitators work from a non-judgmental, Trauma Informed approach, taking into consideration each individual's previous personal experiences. Each week, a different topic is covered, and participants receive a certificate after each session. It is not mandatory for participants to attend every session. If they are unable to attend any of the sessions, we can make alternate arrangements for them to receive the information they missed if interested. We welcome them at any and all they are available to attend. We also provide snacks and printed materials for all participants. There is no cost to participants for this program.

The topics of the ten week workshop program are the following.

Week 1 – The Philosophy and Practices of Nurturing Parenting

Week 2 – Ages and Stages of Growth for Infants and Toddlers

Week 3 – Ways to Enhance Positive Brain Development in Children and Teens

Week 4- Communicating With Respect

Week 5 – Building Self-Worth in Children

Week 6 – Understanding Feelings

Week 7 – Understanding and Developing Family Morals, Values and Rules

Week 8 – Praising Children and Their Behaviour

Week 9 – Alternatives to Spanking

Week 10 – Learning Positive Ways to Deal With Stress and Anger