



The Nurturing Parenting Program

Presented by
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National Trainer/Consultant

Trainer of Trainers "Trainer"

Master Trainer Nurturing Fathers Programs

Brené Brown on Empathy

<https://youtu.be/1Evwgu369Jw>



Nurturing Parenting Programs



- 1st introduced in 1983
- Invented by Dr. Stephen Bavolek- who wrote, field-tested and validated the original program with the support of NIMH (National Institute of Mental Health)

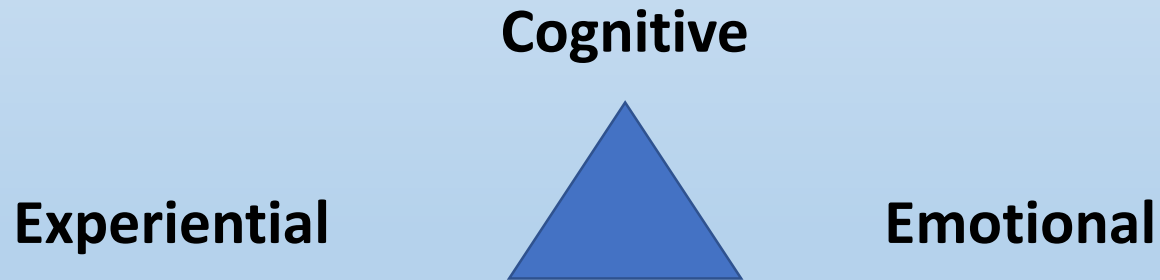
Only 1 of 23 parenting programs Nationwide that are recognized by the:

- National Registry of Effective Programs & Practices (NREPP) and by the Substance Abuse & Mental Health Services Administration (SAMHSA).
- Child Welfare League of America (CWLA)
- Office of Juvenile Justice and Delinquency Prevention (OJJDP)
- Center for Substance Abuse Prevention (CSAP).

What's so special about NP?

Parent Education in this program means learning new patterns of thinking and feeling and behaving and practicing these new skills.

Learning Triad



Implementation Philosophy:

It means participating in activities & experiences designed to enhance self-awareness, empathy, personal empowerment, self-esteem and self-concept.

***Learning happens through integration** of perceptions, knowledge, emotional value and consensus from a person's family, culture & peer group.

Cognitive – Emotional Process – Experiential

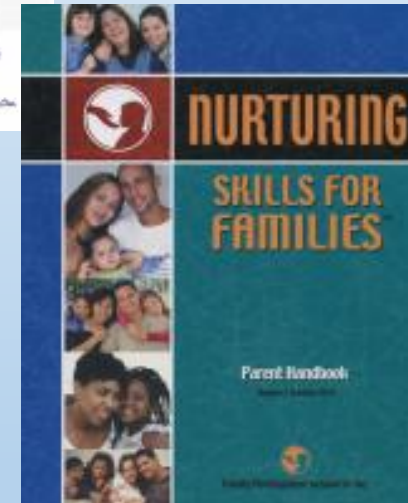
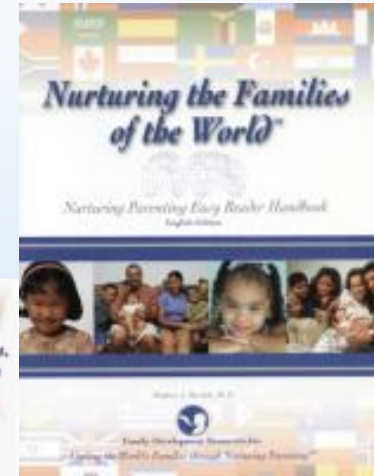
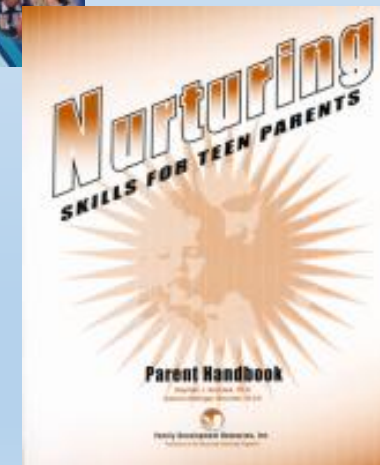
ACTIVITY EXAMPLE: i.e. PRAISE For Being

- **Understand, give examples**
- **Model**
- **Practice in class**
- **Practice for Homework**
- **Share Homework in Class**
- **Practice some More**

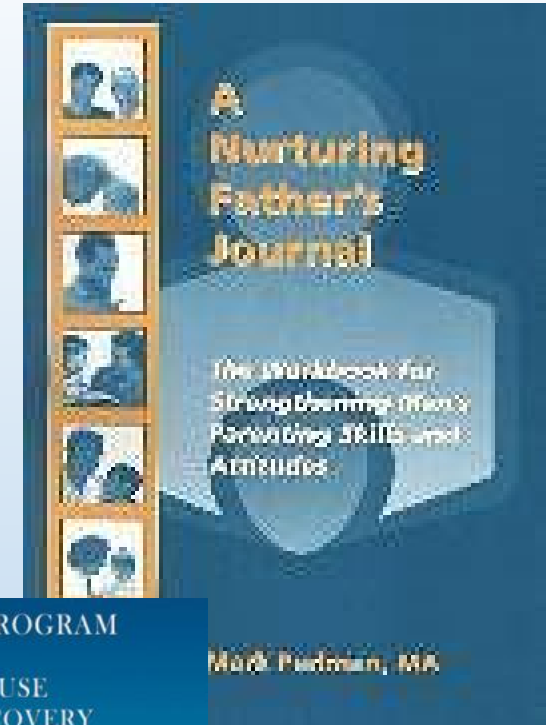
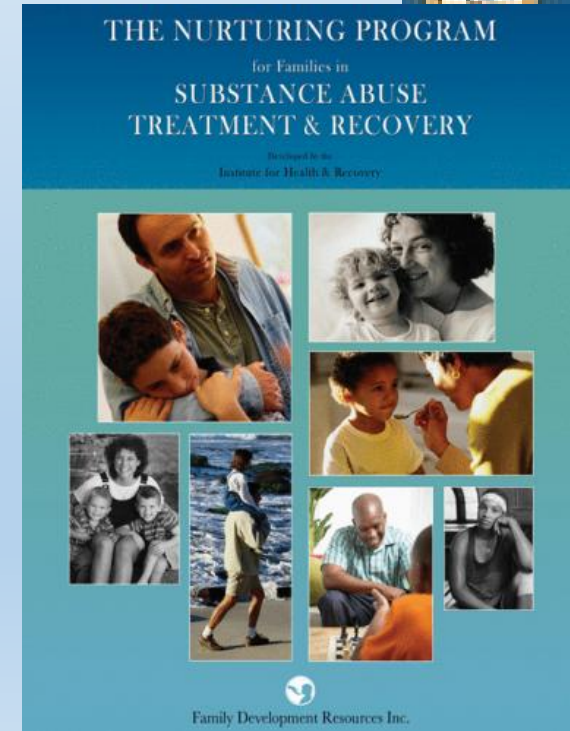
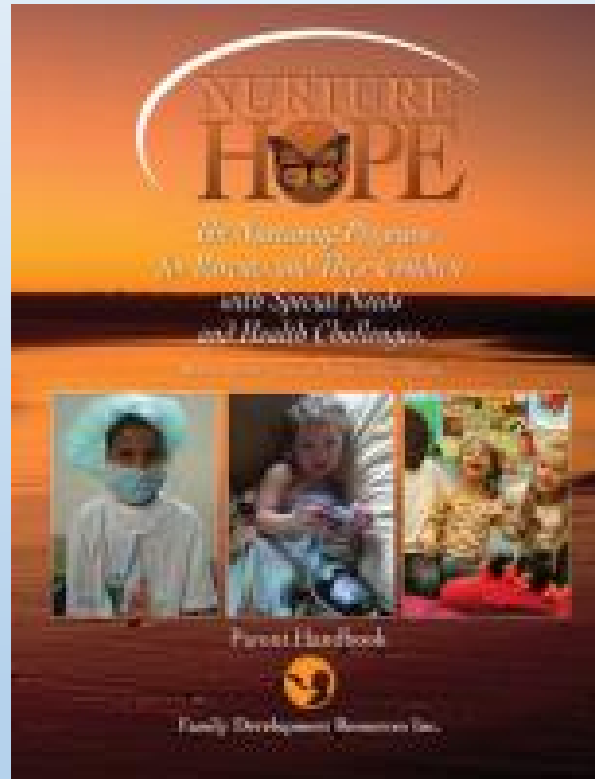
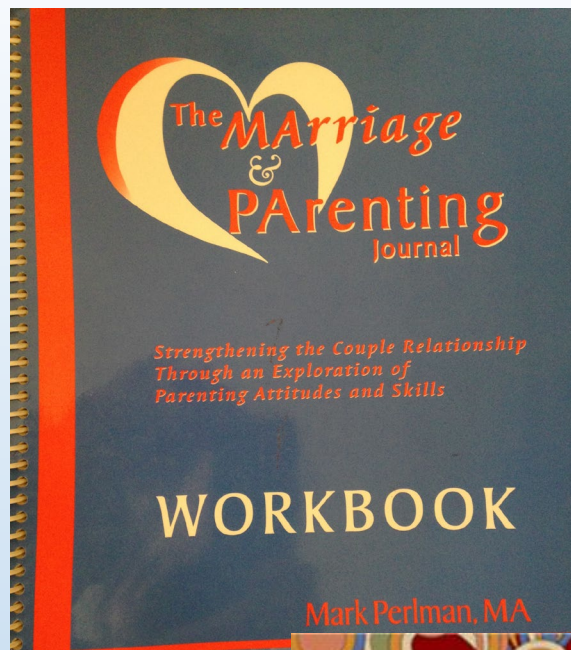
Nurturing Parenting Core Programs...

12-16 core sessions/75 + sub topics

1. Communication
2. Nurturing
3. Culture
4. Spirituality
5. Brain Development/Male & Female Brain
6. Empathy
7. Expressing Feelings & Needs
8. Personal Power
9. Self- Esteem & Self-Worth
10. Stress & Anger Management/Self Care
11. Making Healthy Choices
12. Positive Discipline



Specialty Programs



Nurturing Programs Summary

- Lessons can be taught one-to-one in home visits, office visits, classes in schools, or in small and large groups
- Programs are designed for specific cultural populations, ages of children, characteristics of parents and children
- Programs are offered with different lesson dosage **for the prevention, intervention, and treatment** of child abuse and neglect
- Versatile, Flexible, Creative, Customized

Evaluation Tools of the Program

- Affective (assessments: AAPI & NSC)
- Cognitive (measurement of knowledge acquired)
- Process (participant feedback, self-assessment & self-reports of behavioral change, satisfaction ratings, and facilitator observations).
- Retention/Attendance Rates (# of participants regularly attending & completing)

Program Characteristics

Flexibility in session dosage (number of classes and lessons):

Low Risk Families get low dosage (5-12):

Primary Prevention

Moderate Risk Families get moderate dosage (12-20) :

Intervention

High Risk Families get maximum dosage (15-55):

Treatment

NP Constructs- High/Low Risk Beliefs

A: INAPPROPRIATE PARENTAL EXPECTATIONS

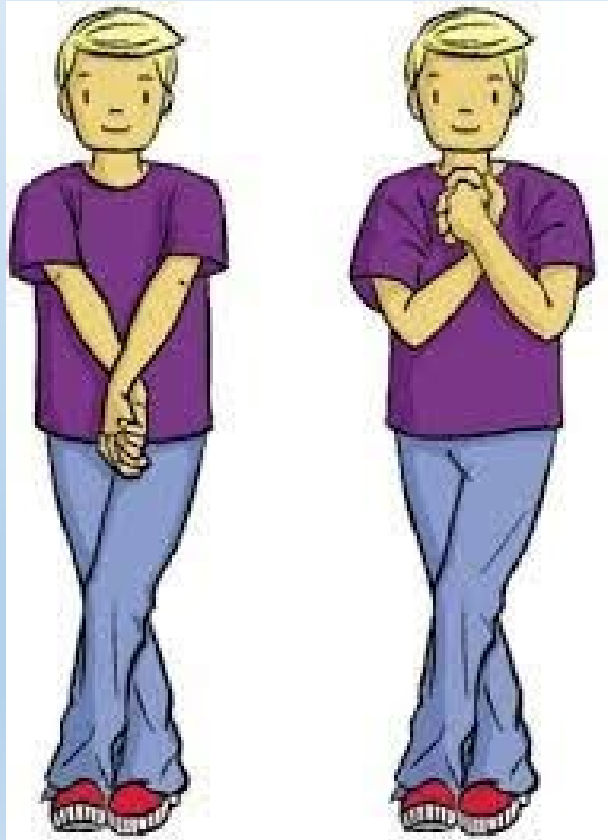
B: PARENTAL LACK OF AN EMPATHETIC AWARENESS OF CHILDREN'S NEEDS

C: STRONG BELIEF IN CORPORAL PUNISHMENT

D: PARENT-CHILD ROLE REVERSAL

E: OPPRESSING CHILDRENS POWER & INDEPENDENCE

Right/Left Brain Exercise



Belly Breath



CORE FIDELITY MEASURES

- Proper Dosage
- Proper Concentration
- Proper # of Sessions
- Competency Based
- Assessments
- Children involved when possible (children's programming)
- Engagement Activity
- Family Nurturing Time/Parent & Child Attachment Activity

Band-Aid or Bandage : Let's be More than OK!



Best Practice Expectations

- Trauma Informed
- CEU's/Additional Training in Domestic Violence, Substance Use, Sexual Abuse
- Developmental Screening Tools
- ACES/Protective Factors

BREATHE IN, BELLY OUT



Self- Care



Self- Care Share- in Zoom Rooms: *Pick 2 out of 3*

#1.) Draw & Share your image of “being nurtured” and discuss.

#2.) Do 3 jumping jacks on screen together OR a 30 second yoga type balancing pose. Decide together which one to do. (Simply standing and stretching is awesome too 😊).

#3.) Take 3 belly breaths together, breathing loudly on the exhale and share how that felt.



Why is NPP the right fit for you?

- One of the top funded, most granted parenting program in the country
- It works! Proven Outcomes
- Flexible, Creative & Fun!
- **Skill learning and cognitive change**
- A program for everybody (i.e. SUD, NF)
- Testimonials from professional staff about their own parenting skill

Why is NPP Professional Training for you?

- Team building
- More Tools
- Group and Home Visitation Facilitation Skills
- Review of Trauma informed Best Practices
- Grounding techniques for triggers and high needs clients
- **Self-Care and stress management activities**
- Personal Growth- Take always for your own parenting/grand-parenting
- Fun! Interactive
- Nationally Recognized Certificate
- It's Evidenced Based**** and provides you with an organized structure that has proven outcomes

Practical Benefits of the Nurturing Parenting Programs....

- Cost Effective- No required annual fees or set time frame for update training
- Curriculum (including specific population Curriculum Choices)
- Flexible Fidelity (Customization)
- Low Cost of Materials

Why Get trained in an Evidence Based Program?

- Why get trained in an evidenced based program if you are not going to utilize & implement the evidence?
- If you choose not to follow the training directives or adhere to the fidelity promoted in the research, you will not get the outcomes advertised.

So I leave you with this....

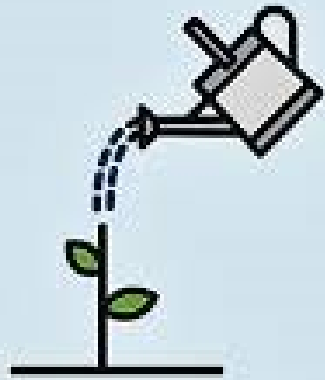
Do you want to plant seeds and simply have a feel good program....

or do you want to go the distance and have all the right tools in place & offer all the components necessary that will create brain change and therefore change thoughts and behaviors & allow for more nurturing parenting for generations to come ?





Nurturing



YOU GOTTA
NOURISH
TO FLOURISH

- * To Care for
- * To Nourish
- * To Bring up



“Invest in our children because they will be the parents of tomorrow”

Thank you for your participation & Attention!

Jennifer Moss, MA, MFT

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