

# Family Nurturing Center

**Nurturing Parenting Programs** are family based parenting education programs that help families establish a nurturing way of life. Parents and children attend together so that all family members can benefit from participation in the program.



## **NURTURING PROGRAM FOR PARENTS WITH CHILDREN (AGES BIRTH – FIVE)**

Begin early in your child's life to develop sound discipline and nurturing skills. This 14-week program focuses on the unique developmental needs of young children and sets the foundation for nurturing and healthy family relationships. Parents learn skills in developmentally appropriate activities and expectations, nurturing touch, including infant massage, effective discipline techniques and alternatives to spanking and self-nurturing skills. Children participate in nurturing childcare designed to create a safe environment and build trust and self esteem in infants and young children.

## **NURTURING PROGRAM FOR PARENTS WITH CHILDREN (AGES 6-12)**

This 14-week program is designed to increase parenting skills and promote healthy family life. Classes provide information and practical experience on a number of important topics, including: communication, establishing routines, positive discipline and self-nurturing. Children meet in separate, age appropriate groups and learn the same skills through entertaining and educational activities. Parents and children come together each week for a snack and family centered activity.

## **NURTURING PROGRAM FOR PARENTS WITH ADOLESCENT CHILDREN**

This 14-week program helps strengthen relationships with parents and teens. The program addresses the specific needs and challenges faced in parenting adolescents. Topics include: nurturing communication strategies, negotiation and compromise, setting reasonable limits, recognizing and understanding each others' needs, understanding adolescent development and increasing personal power, self-esteem and self-concept. Parents and adolescents meet separately for the beginning of the group, and then meet together for parenting and communication skills activities.

## **NURTURING PROGRAM FOR NON-CUSTODIAL/NON-RESIDENT PARENTS**

Parents who do not live with their children can take these 14-week courses to gain skills needed to re-establish visitation and/or custody rights. Topics include communication, understanding child development, setting reasonable expectations, positive discipline, alternatives to spanking, establishing healthy routines and more.

## **NURTURING FATHER'S PROGRAM**

The Nurturing Fathers Program is a 13-week program that is tailored to meet the learning styles of men and take into account cultural and societal norms that affect parenting. The program supports the importance of fathers (or a male role model) in the lives of children by showing how fathers teach little boys how to be men/fathers, and teach daughters how to relate to men and to know they deserve of love and respect in their relationship with men.

All of our parenting programs are **FREE** for all parents and their children. We work with the entire family on topics such as, communication skills, family rules, child development, building empathy, need for consistency and so forth. The program is offered in a variety of locations throughout the community. Pre-registration is required.

Please direct questions to Ashley Dunn, Nurturing Parenting Coordinator at  
859-538-1618 or [ashley.dunn@familynurture.org](mailto:ashley.dunn@familynurture.org).

**[www.familynurture.org](http://www.familynurture.org)**