

Celebrating over 30 Years of Helping Families!

The Nurturing Parenting Programs[®]

Comprehensive Review



The Nurturing Parenting Programs are evidence-based, trauma-informed parenting programs and curricula for the prevention and treatment of child abuse and neglect.

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Facts about the Nurturing Parenting Programs

- The Nurturing Parenting Programs® are evidence-based programs recognized by the **National Registry of Evidence-based Parenting Programs and Practices (NREPP)**, a branch of Substance Abuse Mental Health Services Administration (SAMHSA). Since 1983, over thirty studies have been conducted validating the effectiveness of the Nurturing Parenting Programs.® Visit NurturingParenting.com for more information.
- Today, there are over 25 Nurturing Programs designed to meet the specific cultural and developmental capabilities of families with materials available in English, Spanish, Creole, Arabic, Chinese, and Hmong.
- The Nurturing Parenting Programs® are family-based programs that can be offered in a group setting, in a home visitation setting or in a combination group and home visitation settings.
- The Programs are skill focused, competency-based programs designed to correspond to the developmental age level of children: pre-natal; birth to five years; school-age (5 to 12 years); and adolescence (13 to 19 years) and their adult or teen parents.
- Since 1983, over 1.3 million Parent Handbooks have been distributed to families worldwide. Agencies in all 50 states, Canada, Mexico, South and Central America, and England have implemented Nurturing Parenting Programs.®
- The Departments of the Army, Navy and Marines implement the Nurturing Programs (including Prenatal and Parents and Their Infants, Toddlers and Preschoolers) in their New Parent Support Programs (NPSP) worldwide.
- Nurturing Programs are currently being implemented in state-wide research studies in Louisiana, Georgia, Oregon and California.
- Approximately 18,000 professionals worldwide have attended Nurturing Program facilitator trainings during the past 29 years.

History of the Nurturing Parenting Programs®

The first Nurturing Parenting Program was developed and validated from a grant from the National Institute of Mental Health (NIMH) from 1979-82. Because of the significant outcomes of this research, Family Development Resources, Inc. was established in 1983 to publish and disseminate the Nurturing Program Materials. In 1989, the Family Nurturing Centers, Inc., a private-non-profit sister organization was developed to continue the work of creating, validating and training professionals in evidence-based Nurturing Parenting Programs.® Today, the Family Nurturing Centers International has 19 affiliate Family Nurturing Centers across the US and England.

The primary mission of Family Development Resources and the Family Nurturing Centers, International is to promote the philosophy and practices of Nurturing Parenting for the prevention and treatment of child abuse and neglect worldwide.

Philosophy of Nurturing Parenting

1. The word **nurturing** comes from the Latin word **nutritura** which means to promote, nurse and nourish life. Neuro-biological research supports the premise that human beings are biologically predisposed to form and sustain enduring nurturing relationships. Building caring, empathic parent-child relationships through education in bonding and attachment forms the educational basis for the Nurturing Parenting Programs.[®]
2. The word **abuse** comes from the Latin word **abusus** which means to mistreat through cruel and harsh punishment. **Neglect** comes from the Latin word **neglegere**: neg meaning “not” and legere meaning “pick up.” Neglectful parenting means not holding or touching children. Education in nurturing parenting embraces the concept of non-violent parenting through:
 - developing empathy, facilitating parent-child bonding and attachment;
 - teaching parents appropriate expectations of children’s growth and development to foster positive brain development and feelings of self-worth, trust, and security;
 - employing discipline that promotes the dignity of children and adults;
 - empowering adults and children to nurture themselves, others and their environment, including animals;
 - promoting positive self-worth; and,
 - helping all family members develop a meaningful level of self-awareness and acceptance.
3. Human behavior is multi-dimensional. Positive and negative life events carry both cognitive and affective cellular memories. Over time, repeated events create neural pathways. These neural pathways strongly influence behavior. The positive and negative impact of life’s past events shape our cognitive, emotional and neurological responses to current events. Research has clearly shown the detrimental effects of maltreatment and the positive effects of nurturing on the developing brains of children and teens.
4. Nurturing Parenting instruction is based on psycho-educational and cognitive-behavioral approaches to learning. In these approaches, old patterns of thought and behavior are consciously replaced with newer, healthier patterns.
5. Nurturing Parenting embraces the theory of “re-parenting.” Over time, new patterns of behavior replace old, destructive ones through systematic instruction in nurturing. Long term dysfunctional patterns of parenting require long-term interventions. The goal of education is the ability to incorporate new knowledge, understanding and skills into the daily lives of all family members.
6. In humans, there is an essential difference between our “being” which constitutes the core elements of our identity, and our “doing” which constitutes our behavior. Abuse and neglect are mal-adaptive behaviors which can be replaced over time with healthier nurturing practices which represent the true nature of the person.
7. A self-identity formed from role-identity places a burden on others to act in accordance to set demands. Nurturing oneself as a man or woman is an important practice in nurturing children and others. Parents who take care of themselves by meeting their needs are better equipped in helping others meet their needs.

Nurturing Parenting Programs®

Comprehensive Evidence-Based Programs

FAMILY CENTERED - Parents and children of different ages attend the programs together. Group-based and home-based programs help parents and all family members maximize their learning. Interactive DVDs, games and activities help parents and children learn how to care, communicate and have fun together.

AGE SPECIFIC – Nurturing Parenting Programs® are designed to provide information, enhance skills and build parenting competencies specific to the age of the child. As such, parents learn age-appropriate parenting practices for their children at the Pre-Natal stage of development; Birth to Five Years; Five to 11 Years, and 12 to 19 Years. Additional programs are available for Teen Parents and their Children: Birth to 5 years.

COST EFFECTIVE - The costs of child abuse treatment, foster care and institutionalization far exceed the purchase of the program and its continued implementation. In conducting an extensive follow-up study of the data generated from the on-going implementation of the Nurturing Programs in Louisiana, the Casey Foundation found within a four year period, the low rates of recidivism produced a cost benefit ratio nearing neutrality.

PROVEN OUTCOMES - Extensive research studies worldwide attest to the effectiveness of the Nurturing Parenting Programs® to treat and prevent the recurrence of child abuse and neglect. Research findings show families who complete the Nurturing Parenting Programs® make significant improvements in their parenting attitudes, knowledge and behavior. Pre and Post-test assessment and long-term follow-up data support that the changes are maintained over time with proven low rates of recidivism. The Nurturing Parenting Programs® are evidenced-based parenting programs recognized by the Substance Abuse Mental Health Services Administration (SAMHSA) and the National Registry of Evidence-Based Parenting Programs and Practices (NREPP). Visit www.samhsa.gov and click on NREPP for more information.

CULTURALLY SPECIFIC - The Nurturing Parenting Programs® have been developed to incorporate the uniqueness, customs, and languages of different cultures. Validated through years of research in preventing and treating child abuse and neglect, the Nurturing Parenting Programs® meet the needs and cultural uniqueness of families with children birth to 19 years. Currently, cultural specific programs and materials are available and include many programs. Some examples include: Military Families; Christian Families; Families in Substance Abuse Recovery; Families with Histories of Chronic Neglect; Community Based Education; a School-Based Program (for 5 to 8 year olds and their parents); a program designed to promote Nurturing Values and Skills in Teens. In addition to English, programs and materials have been created for Hispanic, Kreyol, Arab, Hmong, Chinese, and African-American families.

ASSESSMENT - The Nurturing Parenting Programs® come with a battery of norm-referenced and criterion-referenced inventories which help agencies and organizations measure the success of their intervention efforts. The Adult Adolescent Parenting Inventory (AAPI-2), the Nurturing Skills Competency Scale (NSCS) and a number of data gathering instruments are provided to ensure families are increasing their nurturing parenting skills. The AAPI-2 is a norm-referenced inventory which provides parents and parent educators with specific feedback on a family's strength and areas that need attention. Assessment is a critical aspect of determining whether families have acquired nurturing parenting competencies. Visit AssessingParenting.com for more information.

TRAINING - Nurturing Parenting Program Facilitator Workshops and Training of Trainers workshops are held throughout the country. The Facilitator Training is designed to instruct the participants in the research, philosophy, format, skills and implementation of all the Nurturing Programs. The Training of Trainers workshop is designed for the professional who has demonstrated competence in implementing the Nurturing Programs and desires to become a Recognized Nurturing Program Trainer and Consultant. For more information on both trainings, visit our website at NurturingParenting.com.

Nurturing Parenting Programs®

Levels of Prevention

The Nurturing Parenting Programs® are designed for the prevention and treatment of child abuse and neglect. To meet the specific needs of the families, programs have been identified according to the standard levels of prevention: Primary (Prevention-Education), Secondary (Prevention-Intervention), Tertiary (Intervention-Treatment), and Comprehensive Programs. See the attached grid for a listing of programs by Level of Prevention.

Prevention-Education Programs (Primary)

At the primary prevention-education level, efforts are designed to prevent any maltreatment of children and other family members from occurring by promoting healthy lifestyles and interactions. Nurturing Programs and curricula at the primary prevention-education level increase parents' understanding and their ability to establish healthy parent-child interactions. At this level, preventing victimization entails promoting and empowering children and adults with knowledge and skills. Education-prevention programs are designed to empower individuals and families with new knowledge, beliefs, strategies and skills to make positive and healthy lifestyle choices. The goal of prevention-education is to empower. Programs at this level are generally short-term, approximately 5 to 18 sessions in length. Some are sequential and build upon each other. Others are designed as a series of stand-alone sessions. For a list and more details of each of the Primary Prevention-Education Programs, go to the **Primary** heading on the attached grid.

Prevention-Intervention Programs (Secondary)

The secondary level of prevention-intervention programs are designed to "intervene" to prevent further escalation of the early stages of maltreatment and family dysfunction. These programs are designed for at-risk youth and teen parents, as well as parents and families experiencing mild to moderate levels of individual and family dysfunction. Programs in this range work on stopping the dysfunction and engaging individuals and families in the process of building positive nurturing beliefs, knowledge and skills. Prevention-intervention programs are referred to as Moderate Term programs and are generally from 12 to 20 sessions depending on assessed needs. For a list and more details of each of the Secondary Prevention-Intervention Programs, go to the **Secondary** heading on the attached grid.

Intervention-Treatment Programs (Tertiary)

At the tertiary level of intervention-treatment, programs are designed for families referred for parenting education by social services and/or mental health agencies and professionals for child abuse and neglect. Tertiary level programs "treat" abusive and neglecting parent-child or parent-teen dysfunctional interactions. Intervention-treatment programs are generally referred to as Long-Term Programs and are generally 15 to 25 sessions or longer depending on assessed needs of the family. At this level of intervention, families are in need of structured, long-term, family-based programs and services to replace old, existing hurting patterns of parenting with newer, nurturing parenting patterns. The process of re-parenting can best be accomplished with proven programs over time. For details of each of the Intervention-Treatment Programs, go to the **Tertiary** heading on the attached grid.

Comprehensive Programs

Comprehensive programs are ideally suited for agencies, schools, residential centers, home-visitation programs and parent education programs. This approach is designed to offer long term, more comprehensive parenting education. The Nurturing Programs presented at this level are evidence-based programs that have been validated with agencies providing services over a period of years to families. For a list and more details of each of the Comprehensive Programs, go to the **Comprehensive** heading on the following grid.

Nurturing Parenting Programs® Reference Table by Levels of Prevention

July 2014

A complete listing of all the Nurturing Programs is listed on our website: NurturingParenting.com

Primary PREVENTION – EDUCATION Programs (5 to 18 SESSIONS)

Prevention-Education programs are designed to empower individuals and families with new knowledge, beliefs, strategies and skills to make good and healthy lifestyle choices. The goal of prevention-education is to empower. Programs at this level are generally **short-term** approximately 5 to 18 sessions (dosage) in length.

**The Prenatal, ABC's, and Health Challenges program sessions are sequential and build upon each other. These are closed end programs, meaning parents are asked to participate in all sessions and no new parents can join the program after Session 2.*

***Community Based programs that are designed as a series of stand-alone sessions. Parents can select the lessons they wish to attend as mandatory attendance is not required for all sessions.*

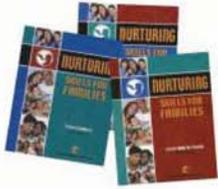
Primary Prevention - Education Programs

	Group-Based	Home-Based	# of Sessions	Session Length
Prenatal Families – Group-Based Program* Prenatal Families – Home-Based Program*	X	X	9 18	2½ hours 2 hours
 <p>Pregnant moms and their partners or other adult family members attend 9 sessions. The sessions focus on improving the quality of life for the mom, her partner and the relationship. Parents learn about the dangers of smoking, drinking and use of legal and illegal drug use while pregnant. Parents also learn about proper nutrition, fetal growth and development and healthy brain development.</p> <p><i>Two Models of the Prenatal Program are available</i></p>	There is no corresponding program for children.			
ABC's for Parents & Their Children 5 to 8 years*	X		7	2 hours
 <p>Parents and their children 5 to 8 years attend separate sessions that meet concurrently. Parents learn about nurturing parenting skills and ways to promote their children's success in schools. Discipline, communication, helping children express their feelings, strategies for building self-worth and personal power are included in the program.</p>	Children learn comparable skills at age appropriate levels through puppets, role-play, music, art activities and leader-led discussions. Children close the session by parading into the parent's room proudly displaying their lesson projects.			
Parents & Their Children with Special Needs & Health Challenges*	X		12	2 hours
 <p>This group based program is designed to help parents and their children with chronic or life threatening medical conditions, developmental delays, life-altering disorders and disabilities. Parents and their children meet separately for the first 90 minutes and meet together for the last 30 minutes, one day a week for 12 weeks.</p>	Children's groups are designed to meet the needs of all children regardless of abilities or health concerns. The program material is consistent with topics covered in the adult sessions, and supports the healthy development of children ages birth to 12.			
Community Based Education: Nurturing Parenting**	X		10	1½ - 2 hours
 <p>Ten independent lessons offered on power point. Lessons include the philosophy of nurturing parenting, brain development, and discipline, building empathy and self-worth, positive ways to deal anger and stress and alternatives to spanking.</p>	There is no corresponding children's program.			

Primary Prevention - Education Programs		Group-Based	Home-Based	# of Sessions	Session Length
Community Based Education: Nurturing Parenting in Military Families**  <p>Seven classes offered on power point addressing the uniqueness's military parent's face in raising their children. Lessons include deployment, reuniting, staying connected, keeping the relationship together and PTSD.</p>		X		7	1½ - 2 hours
		There is no corresponding children's program.			
Community Based Education: Alcohol & Kids Don't Mix**  <p>An innovative, five lesson community based training program designed to address the dangers of alcohol addiction, fetal alcohol syndrome, teens and alcohol, prescriptive drug abuse as well as modeling appropriate adult consumption of alcohol.</p>		X		5	2 hours
		There is no corresponding children's program.			
Community Based Education: Alcohol, Anger & Abuse**  <p>Alcohol, Anger and Abuse is an innovative community based training program that explores understanding and preventing the relationship between alcohol and other drug abuse and child abuse and neglect, and how they are linked.</p>		X		5	2 hours
		There is no corresponding children's program.			
Community Based Education: Teen Pregnancy Prevention**  <p>The Community Based Education Teen Pregnancy Prevention is eight independent 60 to 90 minute lessons offered on CD. Lessons educate teens about the consequences of high risk behavior and give them the tools necessary to make better choices.</p>		X		8	1½ - 2 hours
		There is no corresponding children's program.			
Developing Nurturing Skills (DNS): School-Based Program  <p>The overall goal of the DNS program is to cultivate a culture that promotes positive nurturing beliefs, knowledge and behaviors in our classrooms and in our families. Working together to create a "norm of nurturing" teachers and parents can make both the classroom and the home two environments that reinforce positive nurturing.</p>		X	X	Sessions Vary	Duration Varies
		<i>Number of Sessions & Duration is based on the length of the semester or the discretion of the instructor.</i> Children and teens receive nurturing lessons during regular school time. The lessons are taught by trained teachers during "Circle Time" in the younger K-3 and 4-6 grades. Middle Schools and High Schools offer the lessons at a time designated by the individual schools.			

Secondary PREVENTION – INTERVENTION Programs (12 to 20 SESSIONS)

Prevention-Intervention programs are designed for at-risk youth and teen parents, as well as parents and families experiencing mild to moderate levels of individual and family dysfunction. Programs in this range work on stopping the dysfunction and engaging individuals and families in the process of building positive nurturing beliefs, knowledge and skills. Prevention-Intervention programs are referred to as **Moderate Term programs** and are generally from **12 to 20 sessions** (dosage) depending on assessed needs. Individuals and families are required to go through an evaluation/assessment to match the assessed needs to the correct program content and dosage.

Secondary Prevention - Intervention Programs	Group-Based	Home-Based	# of Sessions	Session Length
<p>Nurturing Skills for Families Program</p>  <p>Nurturing Skills for Families is an innovative model of the Nurturing Programs that is designed to provide flexibility to meet the needs of the families with children ranging in age from birth to 11 years old. The Lesson Guide for Parents contains over 80 individual lessons presented in 16 competency areas. Core competency lessons form the basic structure of the program. Additional supplemental lessons allow parent educators to tailor the program to the needs of the group or family.</p>	X	X	Sessions Vary	2½ hours 90 minutes
<p>Nurturing Skills Programs for Latino, Haitian & Arabic Families</p> <p>The Nurturing Skills Programs for Latino, Haitian and Arabic Families are modeled after the Nurturing Skills for Families Program. All three culturally adapted programs include parenting handbooks and assessment inventories in the native languages. Games, parenting DVDs and other instructional materials are available in Spanish only. Other cultural adaptations of the Nurturing Skills Programs are in production. Core competency lessons form the basic structure of the programs. Group and home-based sessions are provided in Lesson Guides for Parents and Children.</p>	X	X	Sessions Vary	2½ hours 90 minutes
<p>Nurturing Skills for Teen Parents - Comprehensive Curricula for Schools & Residential Centers</p>  <p>Nurturing Skills for Teen Parents is a comprehensive curriculum containing 59 individual lessons that are perfect for classes offered in high schools, after-school programs, and residential facilities. The Lesson Guide is easy to use detailing the content of each lesson. Core lessons are identified that represent the basic skills of teen parenting. Curriculum offers opportunities to educate teens on issues critical to adolescence including pregnancy prevention, date rape, peer pressure, dating, violent relationships and other health related skills.</p>	X	X	Sessions Vary	Classes run 50 to 90 minutes

Secondary Prevention - Intervention Programs		Group-Based	Home-Based	# of Sessions	Session Length
Nurturing America's Military Families  <p>The Departments of the Navy, Army and Marines have implemented the Nurturing Program in the New Parent Support Programs (NPSP) worldwide. The length of the program differs per installation as the NPSP program is voluntary. Families can enter and drop out at will. Deployment and relocation back to the States is common. NPSP is commonly a home visitation program although some bases implement the program in groups. The Lesson Guide stresses nurturing parenting practices as well as issues related to be a military family. Such issues include deployment, staying in touch, PTSD, re-unification and more.</p> <p>Program is appropriate for prevention and intervention.</p>		X	X	Sessions Vary	2½ hours 90 minutes
				<p><i>Session # is based on the assessed needs of the family/group</i></p> <p>Children attend separate group sessions that meet concurrently with the parents. The Lesson Guide for Children provides lessons that are complimentary to the parents.</p> <p>Depending on the age of the child, home based classes engage parents and child in attachment activities.</p>	
Nurturing Father's Program <p>A 13 session group-based program designed to increase knowledge, understanding and skills associated with male nurturance. Fathers meet weekly to increase their understanding of their own childhood relationship with their father or father figure, learn to handle feelings of anger and stress, proper communication, ways to nurture themselves and more.</p> <p>Program is appropriate for prevention-intervention.</p>		X		13	2½ hours
				<p>No corresponding children's program.</p> <p>The Nurturing Fathers Program is an adaptation of the Nurturing Program philosophy and lessons designed and implemented specifically for dads.</p>	
"Nurturing God's Way" Parenting Program for Christian Families <p>A 21 session group-based program authored by Sue Laney, Director of the Family Nurturing center of Georgia. This program is designed for families who embrace the teachings of the Bible to guide their parenting beliefs and practices. This cultural adaptation of the Nurturing Program incorporates the basic philosophy of nurturing parenting while assisting parents in building a nurturing Christian family lifestyle.</p> <p>This program is appropriate to use as an intervention.</p>		X		21	2½ hours
				<p>No corresponding children's program.</p> <p>The Nurturing God's Way program is an adaptation of the Nurturing Program philosophy and lessons designed and implemented specifically for parents of Christian faith.</p>	
Family Nurturing Camp Weekend Experience  <p>The Family Nurturing Camp is a structured therapeutic weekend camp experience designed to help families build caring, positive family life interaction patterns. The Camp is a structured model based on the multiple components that include psycho-educational groups, family based intervention and therapeutic, recreational and art activities to address the specific issues that affect families at risk for maltreatment.</p> <p>This program is appropriate to use as an intervention</p>		X		Weekend	Weekend
				<p>Children engage in art activities, discussions, hikes, trust building exercises, high ropes course and family strengthening activities</p>	

Tertiary PREVENTION – TREATMENT Programs (15 to 25 Sessions)

Prevention-Treatment programs (tertiary prevention) are designed for families referred for parenting education by Social Services/Mental Health for child abuse and neglect and/or family dysfunction. Tertiary level programs “treat” abusive and neglecting parent-child or parent-teen dysfunctional interactions through a process called “re-parenting.” In re-parenting, parents increase their understanding of the abuse and neglect they experienced as children and how these parenting beliefs and patterns were passed on to their children. Old, hurtful patterns of parenting are replaced with newer, nurturing patterns.

Prevention-Treatment programs are generally referred to as **Long Term programs** and are generally **15 to 25 sessions or longer** depending on assessed needs of the family. Programs listed below are evidence-based programs for parents and their children at different developmental/age levels.

Tertiary Prevention - Treatment Programs

Nurturing Program for Adult Parents & their Infants, Toddlers & Preschoolers

Available for Latino, Haitian and Arabic families



Developed, implemented and validated throughout the state of Louisiana, this evidence-based program provides intense group and home based parenting sessions to families receiving services from child welfare. Parents attend 16 group sessions each lasting 2½ hours. Families can also receive individual

home/parent sessions between the group sessions to ensure the knowledge and skills presented in the group sessions are being implemented in home.

Program is appropriate to use as an intervention for high-risk families.

Group-Based	Home-Based	# of Sessions	Session Length
X	X	16 with 5-7 individual home/parent sessions	2½ hours 60-90 min Home

Children attend separate group sessions that meet concurrently with the parents. Children learn nurturing through games, fun interactive activities, coloring books, stories, puppets, and discussion.

Parents receive home-based tutorial instruction in improving parent-child interactions.

Nurturing Program for Adult Parents & Their School-Age Children 5 to 11

Available for Latino, Haitian and Arabic families



A 15 session group based program with over 25 years of research recognized as one of the top parenting programs in the country design for the treatment and prevention of child abuse and neglect. Parents learn to replace old unwanted abusive parenting patterns for more caring, nurturing ones. Activities Manual

details the activities for parents who engage in discussion, role play, expressive art activities, and assessments.

This program is appropriate to use as an intervention for high risk adult parents and treatment for parents experiencing child maltreatment.

X		15	2½ hours
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School-age children attend their own group that meets concurrently with the parents group. There are two subgroups that can be created:

- Children 5 to 8
- Children 9 to 12 due to developmental maturation issues.

Children are learning many of the concepts the parents are learning to promote easy transition from classroom to home.

Nurturing Program for Young Parents & their Families



Young parents attend 16 sessions that address their role as a parent and the life issues they face. Based after the Louisiana model, parents can attend 16 group-based classes and 5-7 individual home/parent sessions. Empowering parents to be nurturing parents builds positive parent-child attachment. Empowering

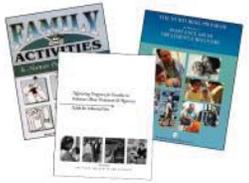
parents to make healthy personal choices provides children with positive role models.

This program can be used as an intervention for high risk-parents.

X	X	16 with 5-7 individual home/parent sessions	2½ hours 60-90 min Home
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Children of young parents participate in the program in ways that are appropriate for their age. Activities are available for toddlers and preschoolers while their parents are attending their classes.

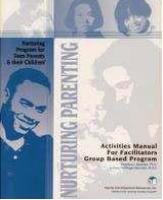
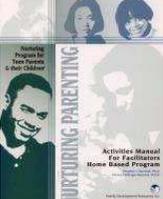
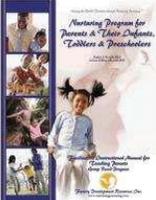
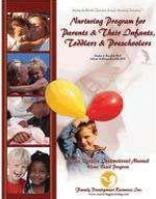
In home settings, the children are a part of the home visits.

Tertiary Prevention - Treatment Programs		Group-Based	Home-Based	# of Sessions	Session Length
<p>Nurturing Program for Parents & Adolescents <i>Available for Hmong and Latino Families</i></p>  <p>This program is designed to repair abusive parent-teen relationships. Parents and their teens attend separate groups concurrently, and then join as one group for 90 minutes. Parents and teens role-play, discuss, draw, and learn how to live with each other, learn how to play together, to communicate respectively, and to be a positive, nurturing family.</p> <p>This program is appropriate as an intervention as well as a treatment for abusive and dysfunctional parent-teen relationships.</p>		X		12	3 hours
<p>Families in Substance Abuse Treatment & Recovery</p>  <p>There are 17 topic areas presented in the program, in addition to three topics focused on men and fathers. Each topic area represents a group-based session of 90 minutes. However, due to the number of activities and the depth of the information presented in each topic area, more than one session may be helpful to adequately increase parents' knowledge and build their skills.</p> <p>The program is designed to help parents learn the principles and practices of Nurturing Parenting while assisting parents in strengthening their own recovery, facilitating recovery within their families, and building a nurturing family lifestyle.</p>		X		17	90 minutes
<p>It's All About Being a Teen - Comprehensive Curricula for Schools & Residential Centers</p>  <p>Designed to enhance the development of nurturing skills in teens, this comprehensive curriculum contains 99 individual lessons that promote healthy teen development. Teens increase their awareness of self and others by sharing issues about themselves, their families, their childhood, as well as issues related to being a teen such as dating, love, sex, date rape drugs, pressure, and drugs, communication, handling stress and anger, expressing feelings, building self-worth, hormones, moods, teen brain and differences between male and female brains.</p>		X	X	<i>Sessions Vary</i>	<i>Classes Run 50 to 90 minutes</i>
		<p><i>Session # & Length is based on the length of the semester or the discretion of the instructor</i></p> <p>Teens receive handouts during the semester and build their class text. Handouts include current topic information, exercises, fill-in-the-blank questionnaires and self-report inventories. Students engage in role-play, psycho-drama, discussions, debates, and creative expression.</p> <p>Home practice assignments are designed to build program competencies.</p>			

Comprehensive

Long Term Programs (26 to 55 Sessions)

Comprehensive programs are ideally suited for agencies like Healthy Start, Head Start, schools, residential centers, home-visitation programs and parent education programs designed to offer long term, more comprehensive parenting education. The Nurturing Programs presented below are evidence-based program that have been validated with agencies providing services over a period of years to families.

Comprehensive Programs	Group-Based	Home-Based	# of Sessions	Session Length
<p>Teen Parents & Their Children - Group Based</p>  <p>Teen parents attend 26 group based sessions. Each session lasts 2½ hours with a break in-between. Lessons address issues of being a teen, a teen parent, and a member of a family. Teens practice parenting skills with their children during class time. The lessons can be implemented in schools settings, residential settings, one-to-one or in a group.</p>	X		26	2½ hours
<p>Teen Parents and Their Children - Home Based</p>  <p>Teen parents participate in 50 home visitations each session lasting approximately 90 minutes. Grandparents are invited to participate in the lessons at the home visitors' discretion.</p>		X	50	1½ hours
<p>Adult Parents & Their Infants, Toddlers & Preschoolers - Group (Center) Based</p>  <p>The group-based (Center-Based) program is a comprehensive parenting program utilized by agencies where parents attend over a period of years. Programs like Head Start offer Center based parenting education. Many agencies modify the length of the group sessions to 1½ hours to allow more interactive time between parent and child.</p>	X		27	2½ hours
<p>Adult Parents & Their Infants, Toddlers & Preschoolers - Home Based</p>  <p>The 55 session home-visitation program is commonly used by agencies offering long-term support to families raising children infancy to preschool. Many Healthy Start and Head Start agencies utilize the program as the basis of their parenting curriculum.</p>		X	55	1½ hour