Welcome to the Nurturing Program
About the Author

- The author of the Nurturing Parenting Programs® and President of Family Development Resources, Inc. is Stephen J. Bavolek, Ph.D. Dr. Bavolek is also the Executive Director of the Family Nurturing Centers, International.

- The Nurturing Parenting Programs® are published by Family Development Resources, Inc. (FDR) which is headquartered in Asheville, North Carolina and has been promoting non-violent parenting practices since 1983.

- With offices in Asheville, NC and Park City, Utah and over 200 Trainers/Consultants worldwide, FDR has sold over 1 million copies of their English and Spanish Parent Handbooks.
National Trainer: Nanci Vargas, MA, LMFT

- National Trainer/ Consultant for 4 years
- NP Facilitator for 6 years
- Family Preservation Assessor-10 years
- Licensed Marriage and Family Therapist for 2 years
- Mother of 1 son (Natanael)

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PRE AND POST EVALUATION

The Nurturing Parenting Programs®
Creating a Caring World Through Nurturing
Constructs

A: Appropriate Development Expectations
B: Empathy
C: Alternatives to Corporal Punishment
D: Appropriate Family Roles
E: Autonomy and Independence
Values

1. Information and Techniques for Building Positive Self-Worth in Parents and Children
2. Techniques and Strategies for Developing a Sense of Caring and Compassion
3. Techniques and Strategies for Providing Children and Teens with Dignified Discipline
4. Techniques and Strategies for Increasing Self-Awareness and Proper Family Roles
5. Techniques and Strategies for Developing a Healthy Sense of Empowerment
6. Fun & Laughter
The Nurturing Parenting Philosophy of Change

In emergence theory, individuals already possess a degree of the sought after traits.

The practice of re-parenting entails interactive and experiential lessons that challenge existing thought and behavior patterns.
Self Concept

Parenting ➔ Experiences ➔ Needs ➔ Behavior

Cognitive

Self

Self-Esteem

Affective
Personality Development and models of NP services

EVENTS DEVELOP OUR PERSONALITY CHARACTERISTICS. (PREVENTION)

PERSONALITY CHARACTERISTICS LEAD TO THE DEVELOPMENT OF PERSONALITY TRAITS. (INTERVENTION)

OVER TIME, PERSONALITY TRAITS LEAD TO FULL BLOWN PERSONALITIES. (TREATMENT)
WHAT IS THE DIFFERENCE AND WHAT DO YOUR FAMILIES NEED

1. What is the difference with Families/Parents put into these three groups?
2. What does each of these groups need from service providers?
3. What group do you/your agency serve most?
Adult Adolescent Parenting Inventory-2

Prevention- Primary
Intervention - Secondary
AAPI-2

Treatment-Tertiary
Self Awareness is a crucial aspect of being a nurturing parent.

“The unexamined life is a life not worth living”
Socrates
Nurturing Parenting

Insight leads to choices

Choices lead to changes

Changes lead to liberation
James Hollis, *The Middle Passage*
The neurological networks and pathways that are created in childhood and influence our behavior are the results of the frequency and intensity of positive and negative nurturing.
The following chart displays how personalities and behavior patterns are influenced early in life based on the quality of life in childhood portrayed in hours.

There are approximately

157,776 hours

in the first 18 years of life.
<table>
<thead>
<tr>
<th>Positive %</th>
<th>Negative %</th>
<th>Dysfunctional Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>20%</td>
<td>80%</td>
<td>126,221</td>
</tr>
<tr>
<td>30%</td>
<td>70%</td>
<td>110,443</td>
</tr>
<tr>
<td>50%</td>
<td>50%</td>
<td>78,888</td>
</tr>
<tr>
<td>70%</td>
<td>30%</td>
<td>47,333</td>
</tr>
<tr>
<td>80%</td>
<td>20%</td>
<td>31,555</td>
</tr>
<tr>
<td>90%</td>
<td>10%</td>
<td>15,778</td>
</tr>
<tr>
<td>95%</td>
<td>5%</td>
<td>7,889</td>
</tr>
<tr>
<td>99%</td>
<td>1%</td>
<td>1,578</td>
</tr>
<tr>
<td>100%</td>
<td>0%</td>
<td>0</td>
</tr>
</tbody>
</table>
Childhood Mental Health

The concept of good and bad personality traits and characteristics has been recognized in the helping fields since the study of human nature thousands of years ago.
Childhood Mental Health

Philosophers have subscribed to the belief that humans seek pleasure and meaning in life while avoiding pain.
Childhood Mental Health

- **Self Concept:** The thoughts people have about themselves.

- **Self Esteem:** The feelings people have about themselves.

- **Self Worth:** The overall thoughts and feelings that people have of themselves.
The family is a system.
The focus of the Nurturing program is to build empathy among all family members.
All parenting exists on a continuum. "Re-parenting".

Adults who feel good about themselves as men and women stand a better chance of being nurturing parents.

Psycho-educational, Experiential, and Cognitive-behavioral

People learn on two levels cognitive (head) and affective (feelings). Difference between Being & Doing

Given a chance, all families would rather display happy, healthy interaction. Self-awareness and acceptance are critical for self-empowerment.
Characteristics of the Nurturing Parenting Program:

Nurturing Programs are evidence-based programs with nearly 30 years of field research recognized by:

A: SAMHSA (Substance Abuse Mental Health Services Administration)

B: NREPP (National Registry for Evidence Based Programs and Practices)

C: California Evidence-Based Programs

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Program Characteristics

2. Competency Based Lessons.

Each Lesson has a specific set of competencies that parents must learn before the next Lesson is taught. Review page in Workbook.

It may take two Sessions or more to teach the competencies in one Lesson. When the competencies have been learned, the lesson has been taught and the next lesson can be introduced.

BF Skinner: “if the student hasn’t learned it, the teacher hasn’t taught it.”
Program Characteristics

3. Family focused, community-wide programs designed to teach parenting at specific developmental stages.

Research supports family based programs as having the strongest outcomes. Parents, grandparents, children, teens, and other extended family members are involved in program sessions when appropriate.

Allows for a community-wide collaborative among service providers implementing evidence-based parenting programs, having a common philosophy covering all levels of services.

Programs for Developmental Stages:

- Prenatal
- Birth to Five years
- School-aged Children
- Adolescents
- Young Parents (formerly Teen Parents)
Program Characteristics

4. Tailored for implementation in different settings:

- Family Based Agencies
- Child Welfare Agencies (Child Protection Services)
- Supervised Visitation Settings
- Residential Placements Youth and Drug Treatment and Recovery
- Prisons
- Preschool/Day Care Centers/Schools
- Domestic Violence Shelters, Homeless Shelters
- Youth Services
- Military New Parent Support Programs
- Mental Health Agencies and Programs
Program Characteristics

5. Designed to meet the unique cultural learning needs of families:
   - Parents in Substance Abuse Recovery
   - Parents with Special Learning Needs
   - Parents with Children with Special Needs and Health Challenges
   - Military families
   - Families of ethnic diversity: Haitian, Latina, Arab, Hmong, African American
   - Nurturing the Families of Hawaii, Louisiana, Texas, California

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Nurturing Programs offer different Models

- Nurturing Parenting Programs offer **flexibility** of implementation while keeping program **fidelity**.
- Sessions are offered for parents and their children in:
  - **group-based settings**,
  - **home-based or clinical settings**
  - **combination of group-based & home-based settings**.

- P. 57
7. 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): p.2-7
Program Characteristics

8. Utilized as Primary Prevention in community based education for Low Risk Families. Refer to pages 2-3 in workbook.

- Low dosage ranging from 5 to 12 sessions
- Short term programs designed to improve and enhance basic knowledge and skills:
  - Prenatal Programs
  - ABC For Parents and Children
  - Parents and their Children with Special Needs & Health Challenges
  - Community Based Education Programs

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9. Utilized as Secondary Prevention (Intervention) for Moderate Risk Families. Refer to pages 4-5 in workbook.

Moderate dosage ranging from 12 to 20 sessions

**Nurturing Skills Programs which allow for tailor made programs such as:**

- Nurturing Skills for Families
- Nurturing the Families of Louisiana and Texas
- Family Nurturing Camp
- Nurturing America’s Military Families
- Nurturing Father’s Program
- Nurturing the Families of Hawaii

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# Program Characteristics

10. Utilized as Tertiary Prevention (Treatment) for High Risk Families. Refer to pages 6-8 in workbook.

- High dosage ranging from 15 to 55 sessions.

**Nurturing Parenting Programs for:**

- Parents and their Infants, Toddlers and Preschoolers
- Young Parents (teen parents) and their Children
- Parents and their School Age Children
- Parents and their Adolescents
- Families in Substance Abuse Treatment and Recovery
- It’s All About Being a Teen
Nurturing Programs

Summary

Lessons can be taught one-to-one in home visits, office/clinic 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.
# Positive and Negative Nurturing

## Positive Nurturing (Empathy)

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Always</th>
<th>Frequent</th>
<th>Sometimes</th>
<th>Infrequent</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intensity</td>
<td>Very High</td>
<td>High</td>
<td>Average</td>
<td>Low</td>
<td>Not Present</td>
</tr>
<tr>
<td>Present</td>
<td>10</td>
<td>9</td>
<td>8</td>
<td>7</td>
<td>6</td>
</tr>
<tr>
<td>Infrequent</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Never</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Negative Nurturing (Abuse and Neglect)

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Never</th>
<th>Infrequent</th>
<th>Sometimes</th>
<th>Frequent</th>
<th>Always</th>
</tr>
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<tr>
<td>Intensity</td>
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<td>Low</td>
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</tr>
<tr>
<td>High</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Infrequent</td>
<td>5</td>
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Adults who feel good about themselves as men and women stand a better chance of being nurturing parents.

Given a chance, all families would rather display happy, healthy interaction. Self-awareness and acceptance are critical for self-empowerment.
7 STEP DESIGN

- TOPIC
- CHECK-IN
- HPA
- DISCUSSION QUESTION OR BRAINSTORM
- PSYCHOEDUCATION/TEACHING/LECTURE
- ENGAGEMENT ACTIVITY
- FNT OR HPA
- CHECK-OUT
A high frequency and intensity of positive or negative nurturing experiences develop four distinct personality characteristics:

- PERPETRATOR
- VICTIM
- NURTURER
- NURTURED

p.52-54
Children who experience a high frequency and intensity of negative nurturing develop two abusive and neglecting personality characteristics very early in life:

- **PERPETRATOR**
- **VICTIM**

**NEGATIVE PERSONALITY TRAITS**
Negative Personality Traits
Perpetrator/ Bully

The part of our personality that is abusive, hurts others:

- physically
- emotionally
- Spiritually
- sexually

Generally disregards the overall goodness of other living creatures.
Negative Personality Traits

Victim:

- The part of our personality that believes:
  - hurt and pain given by others is justified and valid
  - hurt received from others is for their own good
  - people who love you can hurt you
  - victims are taught to feel grateful for their victimization
Positive Personality Traits

Children who experience a high degree and intensity of positive nurturing in the form of empathy and empowerment, positive discipline and self-worth develop two positive personality characteristics early in life:

Nurturer

Nurtured
Positive Personality Traits

Nurturer:

The part of our personality that is:

- Is capable of giving care, empathy, and compassion.
- Takes care of one’s self as well as the selves of others.
- Builds strong attachments with children, family, friends, and pets.
Positive Personality Traits
Nurtured:

The part of our personality that is capable of:

- Receiving care

- Seeking closeness

- Accepting attachments

- Accepts praise and positive touch
PARENTS WITH ADOLESCENTS CURRICULUM

- 12 sessions

- AAPI-2 & NCSC administered in sessions one, and 12

- 2 ½ hours per session

- Parent and adolescent groups meet separately and come together

- Based on the same principles and philosophy as the other NPP curricula