

Nurturing Parenting Programs Facilitator Training



June 18 - 20, 2018

9:00 - 5:00pm

Doors open at 8:45am

Presented by **Jennifer Moss, MA, MFT**

Jennifer Moss is a Portland, Oregon based National Trainer and Consultant for the Nurturing Parenting Programs (NPP) Curriculum and for parenting assessments. She has completed a masters program in Marriage and Family Therapy, and received direct training in NPP under its principal author, Dr. Stephen Bavolek. Jennifer's professional experience includes being Co-Founder of the Family Nurturing Center of Maui, serving for seven years as the island coordinator for all of Maui County's NPP and working in private practice for ten years. She is committed to helping families realize their potential and support them during the sometimes difficult process of changing and growing.

Continental breakfast
and lunch are provided!

Please join us for this free training at the
Siskiyou County Office of Education
609 S. Gold Street, Yreka, CA

Register at:

<https://www.surveymonkey.com/r/NPP-2018>

For more information,
and to register by phone,
please call
(530) 918-7222.

This 3-day specialized training teaches the philosophy of nurturing parenting and how to implement and facilitate the Nurturing Parenting Programs, the Adult-Adolescent Parenting Inventory (AAPI) and Nurturing Skills Competency Scale (CSC). These workshops address hands-on skills and experiential exercises to use with parents and their children. Jennifer Moss, MA, MFT, will provide real life examples teaching various Nurturing Parenting groups and home visitation, and more than two dozen engagement activities with her style of teaching. A certificate of completion will be issued and any trainee that completes the requirements of the 3-day training will be considered facilitator-certified and deemed qualified to facilitate any of the core Nurturing Parenting Programs .

Be prepared to experience music, movement, partner sharing, crafts, intense experiential group work and activities, and powerful discussions. This is a trauma-informed, strength and needs-based parent education training that is supported by 35 years of research and evidence-based credentials.



CHILDREN & FAMILIES COMMISSION
Read. Sing. Play Everyday!



The Nurturing Parenting Programs®

The Nurturing Parenting Programs are family-based programs with a proven track record of preventing the recurrence of child abuse and neglect that address the specific needs of different populations:

- Prenatal Program
- Parents and Their Infants, Toddlers, and Preschoolers
- Parents and Their School-Age Children
- Parents and Adolescents
- Teen Parents and Their Families
- Families in Substance Abuse Treatment & Recovery
- ABC's Program for Parents and Kindergarteners
- Crianza con Cariño Birth to Five Years
- Crianza con Cariño 4-12 Years
- Parents and Their Children with Health Challenges
- African-American Nurturing Program Supplement
- Hmong Parents and Adolescents
- Nurturing Parenting Program for Christian Families
- Family Nurturing Camp
- Nurturing Skills for Parents
- Nurturing Skills for Teen Parents
- Nurturing America's Military Families

Adult-Adolescent Parenting Inventory (AAPI-2)

The AAPI-2 has proven invaluable in assessing the parenting attitudes and child-rearing beliefs of parents and adolescents. Founded on five parenting constructs known to lead to abusive parenting, the AAPI provides scores that profile parents at-risk for abusing and neglecting children.

Philosophy of Nurturing Parenting

The philosophy of Nurturing Parenting emphasizes the importance of raising children in a warm, trusting, and caring household. It is founded on the belief that children who are cared for develop the capacity to trust, care and respect themselves, other people, living creatures, and the environment. The philosophy of Nurturing Parenting is founded on seven principles:

1. **Feelings of Attachment** Attachment means a bond between parents and their children that conveys a deep love that is unconditional. When children feel loved unconditionally, communication, trust and respect naturally follow.
2. **Empathy** Empathy is the ability of parents to put themselves in the place of their children in an attempt to feel, think and understand what their children are feeling, thinking and understanding, and responding to them in a loving and respectful way.
3. **Nurturing Oneself** Taking time in getting one's own needs met, as an adult, forms the foundation of understanding and helping children get their needs met. Nurturing parents take care of themselves as well as their children.
4. **Gentle Touch** Research has shown that children who experience warm and gentle touch in the form of hugs, pats, and massages develop and maintain healthy relationships throughout their life, as well as a healthy and positive sense of their self.
5. **Discipline** Setting limits through family rules, teaching right from wrong through family morals, and teaching respect and worth through family values are all a part of a nurturing family. Discipline cannot be imposed, beaten into or forced on children but rather develops best by the children modeling their parents whose example they admire.
6. **Expressing Feelings** Helping children and adults learn appropriate ways to manage and express their feelings, is a fundamental characteristic of a nurturing family.
7. **Expectations and Self-Worth** Knowing what to expect of children as they develop plays a significant role in their self-worth. When parents have appropriate expectations, children learn that they are competent people, capable of pleasing others important in their lives.