

The Nurturing Parenting Programs® have been proven effective in increasing family cohesion, empathy and self-esteem, and in decreasing family conflict. The programs are offered throughout the United States, Canada, Mexico, Europe, and South America. Prevent Child Abuse Vermont has been offering the Nurturing Program to families throughout Vermont for over thirty years.

*“I learned how to balance time and attention to three children of different ages without feeling so stressed and overwhelmed.”*

— Mother of three children



*“I’m learning to know my warning signs before getting too angry. I didn’t even realize how angry I was before. I’m learning to listen and talk about problems. I’m learning how to be a better father and to teach my children.”*

— Father of two children



*“This was a great idea. The facilitators were awesome. I met other great parents, too. I’m trying not to give in easily, have more patience, and discipline without violence or even raising a voice.”*

— Mother of two teenagers

## Nurturing Parenting Programs®

- ◆ Prenatal Nurturing Program
- ◆ The Nurturing Program for Military Families
- ◆ The Nurturing Program for Families with Children Ages Birth to Five
- ◆ The Nurturing Program for Families with Children Ages Five to Eleven
- ◆ The Nurturing Program for Parents and Adolescents
- ◆ The Nurturing Program for Teenage Parents and Their Families
- ◆ The Nurturing Program for Parents with Special Learning Needs and their Children
- ◆ The Nurturing Program for Foster and Adoptive Families
- ◆ The Nurturing Father’s Program
- ◆ The Nurturing Program for Families in Substance Abuse Treatment and Recovery

**For more information, call  
1-800-CHILDREN  
(1-800-244-5373)**

A program of



**Prevent Child Abuse  
Vermont**

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**...because it shouldn’t hurt to be a child!**

# Nurturing Parenting Programs®



A FAMILY EDUCATION  
PROGRAM



A member of the Green Mountain, Chittenden, Franklin Grand Isle, Rutland, and Windham County United Ways

# The Nurturing Parenting Program®

## What is the Nurturing Parenting Program?

The Nurturing Parenting Program® is an education program that works with the whole family. Families participate in the 2½-hour fun and educational sessions that meet weekly for 9–24 weeks depending on the curriculum. At each session, adults and children take part in separate, age-appropriate activities as well as share a meal and family nurturing time together.

The Nurturing Parenting Program is appropriate for any family that wants to get along better, communicate more, and feel closer. The Nurturing Parenting Program provides a unique opportunity for parents and children to learn together. Families learn with, and from, each other. The Nurturing Parenting Program is for all kinds of families: two-parent, single-parent, blended, foster and adoptive, and others.

## When and where does the Nurturing Parenting Program take place?

Nurturing Parenting Programs take place in communities throughout the state and are offered free of charge. To find out about the Nurturing Parenting Programs offered in your area, call 1-800-CHILDREN (1-800-244-5373).

## How do families benefit from the Nurturing Parenting Program?

Parents learn from discussion, activities, presentations, videotapes, and home practice:

- ◆ What children think and feel
- ◆ What to expect from children at different ages
- ◆ How to deal with little frustrations before they become big ones
- ◆ How to recognize and deal with children's feelings and needs
- ◆ How to recognize and attend to their own feelings and needs

Children learn through games, songs, art activities, puppet play and discussion to:

- ◆ Control their behavior
- ◆ Increase their sense of self-worth
- ◆ Understand their strengths and limitations
- ◆ Recognize their own feelings and express their needs



## Does the Nurturing Parenting Program take the place of therapy?

The Nurturing Parenting Program does not take the place of individual or family therapy. Families experiencing domestic violence, untreated sexual abuse or substance abuse, or other immediate crises will be encouraged to seek therapeutic support to stabilize themselves before attending the Nurturing Parenting Program.

## If you would like to attend the Nurturing Parenting Program ...

Call 1-800-CHILDREN (1-800-244-5373) Monday through Friday between 9AM and 5PM. You will learn more about the Nurturing Parenting Program and can ask any questions. At this point, you will need to give your name and phone number so that the Coordinator in your area can call you to tell you more about the specific programs available in your area. If there is not a program available right away, you can ask to be put on the waiting list for the next program. You will be contacted before the program begins to schedule an interview. The interview helps identify your families' goals for participating in the program and readiness to participate.

## If you know a family who could benefit from attending the Nurturing Parenting Program ...

Explain what you know about the Nurturing Parenting Program and give them this brochure. Support them in calling 1-800-CHILDREN (1-800-244-5373) by offering to be there when they call, talking about what it will be like to call, and talking about the fears they may have about attending the Nurturing Parenting Program. The decision whether to call and to ultimately attend the Nurturing Parenting Program is up to the family.