

NURTURING PARENTING SERIES

Nurturing Parenting is a series of 10 classes that helps provide the resources and tools parents and families need to navigate through the challenges they face while raising their child(ren).

Philosophy of Nurturing Parenting

This class focuses on the basic philosophy used in the Nurturing Parenting Program. Nurturing Parenting is centered by the belief children who are cared for and treated respectfully will treat themselves and others in the same manner.

Ages and Stages of Growth for Infants and Toddlers

The goal of this class is to increase parents' awareness for appropriate expectations, and positive ways to encourage children to reach their developmental milestones.

Ways to Enhance Positive Brain Development in Infants and Teens

Parents gain an understanding of the developmental changes occurring in the brains of young children and teens and techniques parents can utilize to improve that development while building confidence in children of all ages.

Communicating with Respect

Communicating with children can sometimes feel challenging. The key for parents and caregivers is to communicate thoughts and feelings in a manner that does not purposefully hurt them. This class offers strategies and tips to improve communication with children and parents/caregivers which helps to build family functioning.

Building Self-Worth in Children

How does your child feel about themselves? Helping children feel good about who they are is one of the most important roles of a parent or caregiver. This class provides helpful tools and tips to encourage a child's development and build a more positive self-image.

Discipline, Rewards and Punishment

This class will discuss strategies to support creating a disciplined, caring, family home.

Understanding Feelings

Parents learn how to understand their children's feelings and the effect the parent's feelings have on their children. This class helps parents and caregivers learn how to recognize feelings their child(ren) exhibit and how to help their child(ren) express those feelings and identify them.

Developing Family Morals, Values and Rules

The focus of this class is for parents to learn the importance of developing family guidelines, as a foundation for the family expectations and linking them to consequences and discipline.

Praising Children and their Behavior

This class focuses on the importance of giving praise to children. Praise is effective in encouraging children (especially older children) to relate to how they feel about who they are, and to their achievements, praise also encourages positive self esteem and self-worth.

Alternatives to Spanking

Parents learn positive guidance techniques and non-violent means of discipline with young children. This class offers many examples and alternative methods that can be used to deter negative behavior and build positive outcomes for the child(ren) and family.

Positive Ways to Deal with Stress and Anger

Parents and caregivers learn positive techniques to deal with the stress of parenting. of reducing their stress and that of their children.

Developing Personal Power in Children

This class focuses on helping our children develop a strong sense of personal power: a drive to accomplish things, create things, and make the world a more caring place.



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FAMILY FAVORITES

These classes are offered every quarter. For more information/questions regarding a parenting class, please email Carol Bolger at cbolger@casadelosninos.org.

The Dad Difference

Are you a first-time father looking to learn how to best navigate parenting? This 4 hour training is designed especially for you! **Part 1-Baby Basics** is intended to teach dads about prenatal, birth, and post-partum situations. **Part 2-** Involved from the Start focuses on child development, discipline, and the important relationship between father and child.

Child Abuse-It's Everybody's Problem

This class provides critical information on what signs to expect from a child who is a victim of abuse, the causes/risk factors of child abuse and neglect that occurs in a home and how to properly make a report of abuse to DCS and the mandated reporting guidelines in Arizona. (Offered in English and Spanish)

Healthy Techniques to Managing Anger and Feelings

Feeling angry is inevitable and it's important to know how to properly deal with that anger. This class focuses on learning the triggers that make us angry, as a child care provider or parent, and how to react in a healthy and appropriate way. (Offered in English and Spanish)

Succeeding as a Single Parent

This class focuses on parent -specific issues such as support, stress management, budgeting and the logistics of co-parenting. The facilitator will help parents look at single parent homes from their child's perspective, and emphasizes the importance of healthy communication, a stable and positive home life, and tips on ways to enjoy family time on a limited budget. (Offered in English and Spanish)

Crossroads of Parenting and Divorce - 5 Steps to Prevent Divorce Abuse

Crossroads is a five-step, 4 hour, seminar designed to prevent divorce abuse-a specific type of emotional abuse that divorcing parents cause when, in their anger and bitterness they lose sight of their child's needs. This video based seminar will help parents become more aware of how their actions inadvertently harm their children and how to establish positive post-divorce co-parenting relationships. The program uses video, activities, skill development and discussion.

Darkness to Light -Stewards of Children: Adults ending Sexual Abuse Together

The 2-hour training offers participant's tools to help prevent, recognize, and react responsibly to child sexual abuse. You will learn how to recognize the clues that children give us, the behavior typically shown by perpetrators, and how to make a report to the proper authorities when indicated. When adults are educated in the signs of child sexual abuse and how to react to them, children are safer and families are strengthened. (Offered in English and Spanish)



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ALL ABOUT TEENS

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Active Parenting of Teens

This video-based, skill focused program for parents/caregivers of preteens/teens ages 13-17 consists of 3 consecutive sessions over 3 weeks. Participants will learn several effective parenting strategies through an interactive learning experience. Skills include an emphasis on character development, communication, discipline, and family enrichment. (Offered in English and Spanish)

AppChat: Social Media Training for Parents

The internet is how children and teens get their information and it's how they communicate with peers. In this class, parents get an update of how teens are using social media in a positive light, while also learning ways to be safe and protect children from online dangers including cyber bullying. Parents will explore the importance of acting respectfully and responsibly online.

Parenting to Prevent Bullying

Bullying is a serious problem in our schools today. Parents learn what to do to help their child deal with bullying and identify key social skills that can help prevent young people from becoming victims or the perpetrator. (Offered in English and Spanish)

Parenting for Drug Prevention

Drug abuse common among young adults. In this class we will look at the issues, dangers and strategies around drug abuse and you will learn why some young people use drugs, the warning signs and most importantly how to talk to your children about drugs.

Surviving Your Adolescence

In Surviving your Adolescents you'll understand, how to manage teen risk-taking, what problems to let go of, how your relationship affects your teen's safety, the definition of a normal adolescent, and from fashion to passion guidelines for specific problems.

Talking to Kids about Sex and Sexuality

Parents will gain the tools for starting and having an ongoing and safe conversation with their kids in order to teach healthy sexual attitudes and positive body image. Learn how to help your children see you as their first and best source of information for the birds and the bees and sexual values.

Guiding your Child through Adolescence

Being a parent of a teen can be challenging. This class provides parents the positive guidance teens need with interactive exercises that strengthen parenting and communication skills, you will learn how to build strong bonds with your teen, and learn how to navigate the developmental changes associated with adolescence and your changing role as a parent in a teen's life. (Offered in English and Spanish).

Teen Brain Development

Ever wonder "What was my child thinking?" In this session, parents will learn about the many changes of the adolescent brain and how brain biology impacts their decision-making process, risk-taking behavior, and emotional development. Gaining knowledge of adolescent development empowers parents and allows us all to approach our teens with compassion and understanding.

Helping your Teen through Depression

This class will help you understand your teen's depression. Parents will explore what are the contributing factors, symptoms, and potential consequences of depression, and explain treatment options. You will also learn suicide risk factors and warning signs.

Positive Discipline for your Teen

Raising a teen is challenging to navigate. In this class, parents will get the opportunity to evaluate their relationship with their teen, assess existing rules, and establish new rules and limits created for teens to understand and communicate with their parent. We will also emphasize the importance of setting consequences that teach, and give tips for talking about tough issues. (Offered in English and Spanish)



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Active Parenting Series (Offered in English and Spanish)

Session 1 - Communication and Cooperation: Parents identify styles of parenting and how these styles impact issues such as establishing mutual respect, problem-handling, and cooperation within the family.

Session 2 - Discipline and Responsibility: Parents discover the importance of teaching personal responsibility and implementing effective techniques of discipline particularly in developing consequences for poor behavior. Family meetings are explored.

Session 3 - Power, Courage and Self-Esteem: Parents gain an understanding of how to build esteem; defuse power struggles, and utilizing the power of encouragement to influence

Preparing Your Child for Kindergarten

Starting Kindergarten is a milestone in a child's life! Parents find out how to build their child's skills at home, the value of visiting the school together, and preparing for the first day of school. This class will help both parent and child succeed! (Offered in English and Spanish)

Childhood Nutrition-Raising a healthier generation of

children: This training gives parents and caregivers the tools they need to make the best nutritional choices for their child, starting at birth! It conveys a powerful message: what we feed our children matters and instilling healthy eating habits early in childhood can prevent obesity later in life. (Offered in English and Spanish)

How to Raise Emotionally Healthy Children

This interactive video-based training teaches parents how to create an emotional connection so their child can thrive. **Part 1- Infant Part 2- Toddlers Part 3 - Preschoolers**

1-2-3-4 PARENTS!-Parenting Children ages 1-4

This video based program is perfect for new parents and early childhood staff training. It addresses basic parenting skills, including non-violent discipline techniques that encourage positive behavior in young children. (Offered in English and Spanish)

Loving Discipline for Ages 1-5

This class will focus on strategies to enhance a positive parent-child relationship using positive guidance and a nurturing approach to discipline with young children. (Offered in English and Spanish)

Grandparents: Roles and Boundaries

Healthy Boundaries are an important part of any relationship. This class will focus on healthy boundaries in parent-grandparent relationships.

Tantrums! Managing Meltdowns in Public & Private

Managing a meltdown can be challenging as a parent. This class will explain exactly what to do and what not to do when your child is having a meltdown.

The Postpartum Period: What Happens After the Baby Comes?

Postpartum can be very real after delivering a baby and something that many moms experience. Many changes are happening your baby enters the world and it is important that you and your family know how to cope with these changes physically and emotionally. Learn about the importance of these changes, how trauma and fear affect this adjustment period, and ways to cope with these.

Why Does My Child Misbehave

This class will focus on what makes children behave and misbehave. Parents will learn the strategies to support positive behavior in children.

Teaching Positive Discipline

This session will help parents understand their role as teachers of their children. Parents will be able to observe and specifically describe children behaviors. They will also explore how positive and negative consequences affect children's behaviors and learn strategies that encourage positive discipline and cooperation.

Encouraging Good Behavior

In this session, parents will learn about the benefits of giving children reasons to encourage good behavior. Parents will also understand the importance of praising their children using effective praising strategies that show approval and motivates good behavior in children.

Preventing Problems

Preventive teaching is the practice that teaches and encourages healthy and positive social skills. In this session, parents will explore preventive teaching strategies that give children tools to get along with others and make appropriate decisions.

Tips for Parents Teaching Children at Home during Coronavirus

This class will provide helping hints and tips to parents who find themselves suddenly teaching their children from home, or who are overseeing their child's virtual learning.



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Staying Calm! Strategies for Correcting Problem Behavior

During high-stress situations, it may be difficult to stay calm and correct problem behavior. In this session, parents will create a staying calm plan and learn about the strategies used to correct problem behavior using teaching as a form of positive discipline.

Teaching Self-Control

In this session, parents will learn the strategies to practice and teach self-control to their families. This important skill allows children and adults to think and learn from their decisions.

The Struggle is Real

To be the BEST parent, we need to be our BEST self which includes managing our stress before it takes over. Stress is the tension you feel when faced with the pressures of daily life—but too much stress can be harmful. This class helps parents learn how to deal with the challenges of parenting while learning methods of reducing their stress and that of their children.

The Relationship between Anger and Violence

This class explains the relationship between anger and violence. The facilitator will present strategies that helps the whole family in how to appropriately express and manage their anger.

Understanding Child Abuse and Alcohol Abuse

Child abuse and alcohol abuse are very real in our society. Participants learn about the similarities between the two conditions, how to identify the early warning signs and characteristics of abusers and victims.

The Sexual Abuse of Children

Information about the different type of sexual abuse is presented as well as family conditions that lead to sexual abuse, characteristics of perpetrators and victims, characteristics of the alcoholic-incestuous family and what can be done to prevent the chance of children becoming victims.

Family Violence and Alcohol Abuse

Studies indicate a strong relationship exists between the abuse of women and the abuse of alcohol. Participants learn about the type of abuse to women, reasons why people abuse alcohol and women, the characteristics of men who batter and women who stay in violent relationships, and warning signs of domestic violence may be occurring.

Drinking and Emotional Abuse

Emotional abuse is the most commonly occurring type of maltreatment. Participants learn the definition and different types of emotional abuse, why emotional abuse happens and its effects, and what people can do to prevent emotional abuse.

A Story of America's Trafficked Youth

Hear the untold stories of America's trafficked youth through a series of statistics, risk factors, and research of the impact on the lives of trafficked children. Learn how to become advocates by exploring prevention strategies to protect our children, and support our local efforts in ending sex trafficking.

1-2-3- Magic - Effective Discipline for Children 2-12

This class is a simple, precise and offers an effective way of managing the behavior of children approximately in the 2-12 age range. 1-2-3 Magic does work like magic if you do it correctly and follow a few basic rules!

Raising your Grandchildren

If you are raising a grandchild, this class is for you! Millions of grandparents are raising grandchildren – and finding life more joyful, interesting, and meaningful. But raising grandchildren can bring many unexpected challenges. This class will provide you tips and tools you need to begin your journey as you parent your grandchild. (Offered in English and Spanish)

Involved Parents: The Key to School Success

This class will talk about how to make the most of the important role you play in your child's education. You will get information and tools on how to be an active part of your child's learning at home, at school, and in your community. Learn how you can make a difference in your child's education!

Trauma Informed Care Group

This group is available to parents, caregivers, foster parents & kinship placements seeking education in trauma informed care to better support the children they care for. This group teaches new skills and approaches that will support the child in the home and increase knowledge of trauma-driven behaviors children sometimes have.



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Step-family Living Part 1 - A Different Parenting Challenge

This class will help step-families (current or considering), by exploring some of the ways that step-families differ from other families. Participants will learn about three parenting styles, three major challenges that step-families face, and the essential principles relationship building for family resiliency.

Step-family Living Part 2 - Finding Your Way through

Communication & Problem Solving This class will help step-families (current or considering) learn the guidelines for active stepparents and discover the communication skills that will help you solve problems and strengthen family relationships. Participants will identify the five ways to be an effective step-parent and learn to identify and avoid mixed messages and communication blocks.

Ways to Support LGBTQ+ Youth

This class will focus on the importance of listening and offering support, along with resources that are available in our community to support LGBTQ+ youth and family together.

***NEW* Building An Emotionally Healthy Family**

Parents love their children, and they want to do a good job teaching, protecting and nurturing their children into adulthood. However, despite this desire, all parents need help, encouragement and practical knowledge in order to do their best. This class offers suggestions that all parents can understand and apply in their daily routines that will strengthen family relationships and promote emotional health in children.

***NEW* Encouraging Our Children To Care About**

Others This class gives parents an understanding of why empathy is important, and provides practical ideas, suggestions, activities and behaviors that can be used to promote empathy in their children.

***NEW* Positive Discipline: Encouraging Self Control**

All parents struggle with discipline, or how to promote appropriate behavior in their children. This class offers parents an understanding of the goals of discipline along with a 1-2-3 approach to setting boundaries for themselves and their children.



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