

Family Nurturing Center® Parenting Classes

Nurturing Parenting Programs are family based parenting education programs that help families establish a nurturing way of life. Parents and children attend together so that all family members can benefit from participation in the program. Services are free and offered in a variety of locations throughout the community. Pre-registration is required.

NURTURING PROGRAM FOR PARENTS WITH CHILDREN (AGES BIRTH - FOUR)

This 18-week program focuses on the unique developmental needs of young children and sets the foundation for nurturing and healthy family relationships. Parents learn developmentally appropriate activities and expectations, infant massage, effective discipline techniques, alternatives to spanking and self-nurturing skills. The childcare provided creates a safe environment and promotes trust and self esteem in infants and young children.

NURTURING PROGRAM FOR PARENTS WITH CHILDREN (AGES 5-12)

Designed to increase parenting skills and promote healthy family life, this 15-week program will provide information and practical experience on a number of important topics, including: communication, establishing routines, positive discipline and self-nurturing. Children meet in separate, age appropriate groups and learn the same skills through entertaining and educational activities. Parents and children come together each week for a snack and family centered activity. Childcare is available for younger children.

NURTURING PROGRAM FOR NON-CUSTODIAL/NON-RESIDENT PARENTS

Parents who do not live with their children can take these 12-week courses to gain skills needed to re-establish visitation and/or custody rights. Topics include communication, understanding child development, setting reasonable expectations, positive discipline, alternatives to spanking, establishing healthy routines and more.

PARENTING PRESENTATIONS AND SEMINARS

While we believe that signing up for a full parenting curriculum is the best option, we recognize that many families just can't commit to those classes, which can last anywhere from 12 – 18 weeks. Therefore, Family Nurturing Center occasionally provides 1 – 3 hour parenting seminars and presentations. Check the website at www.familynurture.org for a schedule of current presentations, or call 525-3200 for availability.



The Nurturing Programs, created by Stephen J. Bavolek, Ph.D., are internationally validated approaches for working with parents, infants, children, and adolescents in reducing dysfunction and building healthy, positive interactions. The programs have been extensively field tested nationwide and are being implemented throughout the United States and beyond. The Nurturing Parenting Programs are recognized by the Center for Substance Abuse, the Office of Juvenile Justice and Delinquency Prevention, and the Substance Abuse and Mental Health Services Administration.



The Family Nurturing Center is a Nationally Certified Agency for Nurturing Training and Education. The agency is affiliated with the Family Nurturing Center®, National in Park City, Utah and operates based on the philosophy and programs of Stephen Bavolek, Ph.D.

For more information please call please call the Program Coordinator at (859) 525-3200, ext. 14 www.familynurture.org

"We had difficulty communicating and cooperation was non-existent. There was a great deal of tension and discord and frustration due to our hectic lives and the absence of family rules. We have a better understanding of expectations and this is due to better communication. We have taken time to really connect and define flexible boundaries. Thanks for the gift!"

- Nurturing Program participant

Family Nurturing Center® Programs

Family Nurturing Center provides a comprehensive array of programs and services designed to help children and families. Current services include:

Nurturing Parenting Programs - Family based parenting education programs proven to help families develop healthier, stronger relationships. These free parenting programs are provided in multiple community locations.

Kids on the Block - Child abuse education and awareness program using life-size puppets in local elementary schools and community events. This free traveling puppet show equips children with the tools they need to recognize, resist and report child abuse.

Protect and Comfort Infants - Public education program delivers information on ways to soothe and comfort infants and the dangers of shaking a baby. This free service is available to local hospitals and the community at-large.

Sexual Abuse Treatment - Individual and group therapy for children and families impacted by sexual abuse and other violent crimes. These free programs include a case management component for families in need.

Visitation - Supervised visitation promotes healthy relationships between children and non-residential parents. Facilitated Visitation, an enhanced program of visitation, occurs only in our Hamilton County location.

Community Education and Training - Specialized fee-based training programs and seminars covering topics such as parenting, child development, child abuse recognition and reporting, impacts of abuse, the nurturing philosophy and more.



Family Nurturing Center® is dedicated to ending the cycle of child abuse by promoting individual well-being and healthy family relationships. Since 1979, Family Nurturing Center® has been at the forefront in providing quality, innovative and effective child abuse prevention, education and treatment programs.

Most direct service programs are offered at donated sites across Northern Kentucky. Strong community support, a dedicated staff, and the spirit of volunteerism allow this agency to provide quality programs in a very cost-effective manner. Many FNC services are offered free of charge. Please call (859) 525-3200 or see www.familynurture.org for more information.



Family Nurturing Center®

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