



# The Nurturing Parenting Programs®

**Family-Based Parenting Programs and Curricula  
for the Prevention and Treatment of Child Abuse and Neglect**

**The Nurturing Programs are recognized by the National Registry of Effective Programs (NREP) and by the Substance Abuse and Mental Health Services Administration (SAMHSA).**

**The Nurturing Parenting Programs are also Recognized by the Child Welfare League of America (CWLA), the Office of Juvenile Justice and Delinquency Prevention (OJJDP) and the Center for Substance Abuse Prevention (CSAP).**

**Published by**  
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## **The Nurturing Parenting Programs®**

### **For the Prevention and Treatment of Child Abuse and Neglect**

*Family-centered programs designed to strengthen families through education in empathy and caring, responsibility and discipline, and family growth. The Nurturing Parenting Programs are dynamic, exciting and proven to work in building caring, non-violent families.*

#### **HISTORY**

The Nurturing Parenting Programs were initially developed by Dr. Stephen J. Bavolek with funding from the National Institute of Mental Health (MINH) in 1972-82. Because of the significant outcomes of this research, Family Development Resources, Inc. was developed as a vehicle to publish, disseminate and train other professionals in Nurturing Parenting. The primary mission of FDR is to develop and validate parenting programs, assessment tools, and instructional books, videos and games to increase the nurturing skills of families worldwide.

#### **The Nurturing Parenting Programs are:**

**FAMILY CENTERED** – Parents and children of different ages attend the programs together. Group-based and home-based programs help parents maximize their learning. Interactive videos and activities help parents and children learn how to care for, communicate with, and have fun together.

**AGE SPECIFIC** – Parents learn age-appropriate parenting practices and children participate and learn with an age-appropriate peer group.

**COST EFFECTIVE** – The costs of child abuse treatment, foster care and institutionalization far exceed the purchase of the materials and its continued implementation. In contrast to the expense of other parenting programs, these materials are very comparable.

**PROVEN OUTCOMES** – Extensive research studies worldwide attest to the effectiveness of the Nurturing Parenting Programs to treat and prevent child abuse and neglect. Families show significant improvements in their parenting attitudes, knowledge, and behavior. Pre/posttest assessment and long term follow-up data support the changes are maintained over time with proven low rates of recidivism.

**CULTURALLY SPECIFIC** – The Nurturing Parenting Programs have been developed to honor the uniqueness, customs, and languages of different cultures. Validated through years of research, eighteen (18) different programs are available to meet the needs and cultural uniqueness of families with children birth to 19 years:

- Prenatal Program
- Parents and Their Infants, Toddlers, and Preschoolers
- Parents and Their School-Age Children Families
- Parents and Adolescents
- Teen Parents and Their Families
- Families in Substance Abuse Treatment & Counseling
- ABC's Program for Parents and Kindergarteners
- Parents with Special Learning Needs
- Crianza con Cariño Birth to Five Years
- Crianza con Cariño 4-12 Years
- African American Parenting Program
- 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
- Nurturing Children with Health Care Needs
- African American Parenting Program

**ASSESSMENT** – The Nurturing Parenting Programs come with a battery of norm-referenced and criterion-referenced inventories to help agencies measure the success of their intervention efforts. (A.A.P.I., Nurturing Quiz, etc.)

**TRAINING** – Nurturing Parenting Program Facilitator and Training of Trainers workshops are held throughout the country. Training is desirable, but not mandatory for the skilled parent educator. Curriculum activities are described in detail with goals, objectives and procedures.

## Outcomes in Buchanan County F.Y. 2003-2007

In this five-year period:

**250 families participated in Nurturing Programs as offered by the Buchanan County Volunteer Co-op.**

According to P.C.A. Iowa statistical reports, an average 85% “completion” rate was realized, which translates to:

**210 families with 324 children participating in 1,155 home visits or 65 group sessions**

Pre/Post test comparisons demonstrate the significant growth of participant parents subsequent to participation. For example:

<b>At program initiation:</b>	<b>Upon completion:</b>
<ul style="list-style-type: none"><li>* Lack understanding of normal child growth and development</li><li>* Self-concept as parent is weak &amp; easily threatened.</li><li>* Fear of “spoiling” child.</li><li>* Unable to manage stress of parenting.</li><li>* Tendency to use children to meet self needs.</li><li>* Lack knowledge of or ability to use alternatives to corporal punishment.</li></ul>	<ul style="list-style-type: none"><li>* Better understanding of child development and more appropriate expectations.</li><li>* Improved self-concept as parent and person.</li><li>* Values and nurtures child.</li><li>* Improved communication with family.</li><li>* Feels more worthwhile as person; better understanding of roles.</li><li>* More respect for child and needs; values and uses alternatives to corporal punishment.</li><li>* More likely to empower child to make good choices and cooperate in home.</li></ul>

These changes (some more significant than others) help strengthen families, thus, reduce the risk of abuse and neglect while increasing the likelihood of competent children.

### **About the program, parents said:**

“I liked their help solving our problems.”

“This program helped a lot because I didn’t have much nurturing as a child.”

“There’s a lot of good information in the books that I can continue to learn.”

“The program helped me to talk about how things are going in our family.

Thanks so much.”