The Butte College Foster/Kinship Education Program Presents:

Trainer: Lisa Jackson
Nurturing Parenting Program 2 Day Intensive: Skills For Families

Location: Butte College Skyway Center 2480 Notre Dame Blvd. Chico, 95928
Time: 9am to 4pm with a 1 hour lunch break
Dates: Friday October 12 & Saturday October 13, 2018
Also: Friday April 5, 2019 & Saturday April 6, 2019

Nurturing is the ability to care for and foster growth in us and others. We all need to be nurtured - to receive understanding, respect, recognition, warmth, praise, security, limits and appropriate expectations. Parents who learn "Nurturing Parenting" realize that raising children doesn't have to be a series of confrontations where parents have to "pick their battles. The Nurturing Parenting Program's Goals are based on teaching competency areas. A competency area is a set of parental attitudes and behaviors that plays a very significant role in childrearing. A major goal of the Nurturing Program is to help parents improve their nurturing in each of these five areas: 1: Appropriate Expectations 2: Empathy 3: Non-Violent Discipline 4: Appropriate Family Roles 5: Power and Independence. The Nurturing Parenting Programs are developed from a strong philosophical basis that supports the growth and development of parents and youth as caring people who treat themselves, other, and the environment with respect and dignity.

Topics Included:

- The Philosophy and Practices of Nurturing Parenting
- Ages and Stages of Growth and Development
- Ways to Enhance Positive Brain Development
- Communicating With Respect
- Building Self-Worth
- Understanding Feelings
- Understanding and Developing Family Morals, Values and Rules
- Praising Youth and Their Behavior
- Alternatives to Spanking
- Learning Positive Ways to Deal With Stress and Anger

Please call Butte College Foster/Kinship Care Education at 530-897-6235 to sign-up for any of these Workshop. **If you are new to the program or have not attended training recently please arrive 15 minutes early to fill out mandatory paperwork or fill it out from the website and bring it with you.**
http://www.butte.edu/fosterkinship/