

Nurturing Families™ (NF™)

The strength of Nurturing Families™ is based on 29 years of implementing and training on the Nurturing Parenting Program, alongside Dr. Stephen Bavolek. All Nurturing Programs including Nurturing Families are based on the 33-year history of the Adult Adolescent Parenting Inventory (AAPI) research. Families with children ages infant to nineteen engage in both affective and cognitive learning. Families reach competencies through lessons that encourage and sustain attitudinal and behavioral change.

Nurturing Families™ program includes a Facilitator Manual w/ Resources and a Family Workbook (agency license) for those adults parenting children Infant-19. The program has also been culturally translated for Spanish speaking families (Criando Familias).

Nurturing Families™ is an evidence based, trauma informed and nationally validated family systems intervention that focuses on:



- **Bonding & Attachment**
- **Healthy Relationship Maintenance**
- **Emotional Regulation**
- **Healing & Recovery**
- **Empathy & Self-Awareness**
- **Sense of Belonging**
- **Self-Identity & Self-Worth**
- **Age-Appropriate Expectations**
- **Dignified Discipline Alternatives**



- Families interactively engage in learning new parenting perspectives, define their beliefs, and increase their knowledge and skills. Adults improve their overall functioning and therefore become better in their role as nurturing parents.
- Can be utilized in home visitation programs, group, individual, or a family setting, (in-person or virtual).
- The goal is always to serve from a family system perspective and can include as many members of the family as possible. A family who learns together is most effective in strengthening and sustaining healthy relationships.
- This specific program can also be implemented with families and others in a co-parenting relationship (step, kinship, foster, adoption, grandparents, etc.). It was developed for families involved in the prevention and treatment of Child Abuse and Neglect (CAN). Families served with this program may be involved in multiple systems of care, i.e., Department of Family Protective Services/Child Welfare, Military Family Support, Mental/Behavioral Health Systems, Juvenile Justice Systems, Domestic/Intimate Partner Violence, Drug and Alcohol Use/Abuse/Recovery, School Districts, Head Start, Residential Centers and Youth and Adult Correctional Institutions, just to name a few.

TRAINING OPTIONS To purchase this updated program, training is required.

Individuals who are wishing to become Certified Facilitators will need to attend the 18- hours Facilitator Training through the Nurturing Families Center.

To register for a training please visit Nurturing Families Center. www.nurturingfamiliescenter.com