

Nurturing Parenting Programs®



16-Session Parenting Class

At the
Family Resource Center of South Florida, Inc.
1393 SW 1st Street
Miami, FL 33135
Tel: 305-374-6006

- ❖ Meets weekly for 2 hours for **16** weeks.
- ❖ All Dependency Court-required parenting program elements are part of this program: pre/post behavioral observations (children birth to 5 years old); pre/post Adult-Adolescent Parenting Inventory (AAPI-2); and court approved reporting templates.

Referrals from FRC's Case management agency and Family Court-Domestic Violence division- are currently being accepted.

If you have any questions, please contact
Chandra Preston at 305-877-9670



Nurturing Parenting Programs®

The Nurturing Parenting Programs are family-based programs with a proven track record of preventing the recurrence of child abuse and neglect that address the specific needs of different populations:

The philosophy of Nurturing Parenting emphasizes the importance of raising children in a warm, trusting and caring household. It is founded on the belief that children who are cared for develop the capacity to trust, care and respect themselves, other people and living creatures and the environment. The philosophy of Nurturing parenting is founded on seven principles:

1. **Feelings of Attachment.** Attachment means a bond between parents and their children that conveys a deep love that is unconditional. When children feel loved unconditionally, communication, trust and respect naturally follow.
2. **Empathy.** Empathy is the ability of parents to put themselves in the place of their children in an attempt to feel, think and understand what their children are feeling, thinking and understanding, and responding to them in a loving and respectful way.
3. **Nurturing Oneself.** Taking time in getting one's own needs met, as an adult, forms the foundation of understanding and helping children get their needs met. Nurturing parents take care of themselves as well as their children.
4. **Gentle Touch.** Research has shown that children who experience warm and gentle touch in the form of hugs, pats, and massages develop and maintain healthy relationships throughout their life, as well as a healthy and positive sense of their self.
5. **Discipline.** Setting limits through family rules, teaching right from wrong through family morals, and teaching respect and worth through family values are all a part of a nurturing family. Discipline cannot be imposed, beaten into or forced on children but rather develops best by the children modeling their parents whose example they admire.
6. **Expressing Feelings.** Helping children and adults learn appropriate ways to manage and express their feelings is a fundamental characteristic of a nurturing family.
7. **Expectations and Self-Worth.** Knowing what to expect of children as they develop plays a significant role in their self-worth. When parents have appropriate expectations, children learn that they are competent people, capable of pleasing others important in their lives.



**Case Managers please submit referrals via ReferralsP:
ReferralsP@frcflorida.org**