



Nurturing Parenting Program Overview/Requirements-2026

There are 10 Nurturing Parenting classes (these classes are 90 minutes long):

1. **The 7 Principles of Nurturing Parenting:** How Punishment, Discipline, and Nurturing Orientations impact child development.
2. **Using Thoughts and Feelings to get your Needs Met:** Being smart with the four primary feelings: Glad, Sad, Mad, and Scared. Activities to engage your child.
3. **Understanding Needs-the SPICES of Life:** What needs are driving your child's behavior? What needs are you struggling to meet?
4. **Nurturing Touch:** Paying attention to Boundaries, Consent, and our children's need for Independence. Tips to de-Stress your child's sensory environment.
5. **Brain Development:** Understanding brain development and the impact of trauma. Building healthy neural networks.
6. **Discipline:** Four learning strategies for effective non-violent discipline. What will you keep or replace in your toolbox?
7. **Using I statements to get your needs met:** I feel____, When I notice____, Because____, I want you to _____.
8. **Enforceable I Statements:** Using Love and Logic to state your expectations: I allow children who clean their plate to eat dessert.
9. **Reflective Listening:** Helping your child to express and understand their feelings: I wonder if you are feeling...Building understanding and solutions from your child's point of view.
10. **Resource Fair:** Community partners are invited to share information about their programs/services with class participants (e.g. childcare, housing, adult education)

There are 4-6 Triple P (Positive Parenting Program) workshops and seminars included in the Nurturing Parenting program (these are 90 minutes long). The workshops/seminars offered may include the following topics:

1. The Power of Positive Parenting
2. Taming Temper Tantrums
3. Healthy Screentime Habits
4. Coping with Stress
5. Raising Resilient Children
6. Self-Esteem
7. Coping with Teenager's Emotions
8. Stepping Stones (Helping your child reach their potential)

1037 W. McKinley Ave. Suite 316 * Milwaukee, WI 53205

Parent Helpline 414/671-0566
www.theparentingnetwork.org



Requirements:

- Participants must attend 10 classes in 14 weeks to be eligible for a certificate.
- Enrollment is ongoing-Call the Helpline to begin the program, 414-671-0566.
- There is a \$50 fee for the class; Fee payment and Registration is touchless.
- **Homework is assigned in every class and must be submitted online.**
- To obtain verification of attendance, participants must have their camera ON during the Zoom and not miss more than 15 minutes of class. Plan to arrive on time!
- Participants will only earn class credit after they have attended a class AND have submitted the required assignment.
- Classes are offered ONLY on Tuesdays: (Tuesday morning: 10:00 AM – 11:30 AM, Tuesday evening: 6:30 PM – 8:00 PM). The same materials are facilitated in both classes.
- **There may be opportunities** to earn additional class credits by attending extra classes that we offer periodically:
 - **Stewards of Children**: Learning ways to prevent child sexual abuse
 - **Period of PURPLE Crying**: Learning about the periods of persistent crying that occur during the early weeks and months of a baby's life, and understanding the dangers of shaking a baby (Shaken Baby Syndrome)
 - **START (Sex Talk As Real Talk)**: Learning effective ways to talk to your child about sex and sexual health

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