Successful Implementation of the
Nurturing Parenting Programs ®
and

The Nurturing Parenting Skills for Families in Supervised Visitation

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The Nurturing Parenting Programs®
Creating a Caring World Through Nurturing

The Nurturing Parenting Skills for Families in Supervised Visitation

-The nature of Supervised Visitation
  No Volunteers

How do the Nurturing Parenting Programs fit?

Welcome

- Intros

Name, Location

How will you use the Nurturing Parenting Programs?

Origins of NP program

- Research/AAPI
- History of Child Welfare
- Rule of Thumb

Tragic Results of Child Abuse and Neglect

- Children who are maltreated are at higher risk for adult health problems such as:

- alcoholism,   smoking,

- depression,   drug abuse,

- obesity,   high-risk sexual behaviors,

- suicide,   certain chronic diseases.

- "The history of childhood has been bloody, dirty and mean." Lloyd DeMause: History of Childhood.

Nature v Nurture

Is the behavior of humans determined more by their **nature or nurture?**

Nature v Nurture

In your groups, what percent of our behavior is Nurture and what percent is Nature?

Choose a Spokesperson!

Nature v Nurture

▶ 50% of our personality comes from our nature, primarily physical and mental health conditions.

▶ 50% of our personality is developed from the way we are treated during our process of growing up (nurture).

Our Human Nature

The word Nature comes from the Latin word

"natura"

..the essential character of a thing; quality or qualities that make something what it is; the essence; the inborn character;

...innate disposition; the inherent tendencies of a person.

Nature's Critical Attributes

Heritable Traits

and

Predispositions

Nature's Heritable Traits

▶ **A heritable trait is one that's caused by your genes rather than your upbringing.**

▶ **The Dominant and Recessive Genes you received from your parents and grandparents.**

▶ **Physical traits and behaviors passed on through DNA:**

   ▶ Eye color

   ▶ Tongue roller

   ▶ Patterned baldness

   ▶ Height

   ▶ Intelligence

   ▶ Blood type

Some of Nature's Negative Predispositions

Predisposition: a tendency; inclination;

- Alcohol addiction

- Depression and other mental health conditions

- Temperament

- Predisposition to certain cancers and illnesses

- ADHD- Attention Deficit Hyperactivity Disorder

Nurturing: The Energy of Life

The word **nurturing** comes from the Latin word **nu tri tura:**

to **Promote,**

to Nurse,

to Nourish Life.

Nurturing is the single most critical process for creating and sustaining life.

Nurturing Creates and Influences the Quality of Life

▶**Positive Nurturing** is nourishing the aspects of life we want.

▶**Negative Nurturing** is nourishing the aspects of life we don't want, but get anyway.

Positive Nurturing

Positive nurturing is called **EMPATHY** which

Comes from the Greek word

empatheia

Empathy is the **most important characteristic**

of a **nurturing parent**

Negative Nurturing

Negative nurturing is called

abuse and neglect.

The word abuse comes from the Latin word

abusus

to mistreat; cruel and harsh punishment.

Negative Nurturing

Neglect comes from the Latin word

neg le gere

neg means "**not**" and

legere means "**pick up.**"

Neglectful parenting means not holding or touching children

Research on the effects of Positive and Negative Nurturing

Positive, healthy nurturing in childhood is related to subsequent healthy lifestyles

Negative, unhealthy nurturing in childhood is related to subsequent unhealthy lifestyles.

Understanding Abusive and Neglecting Parenting Beliefs

Five parenting practices known to contribute to the maltreatment of children.

Form the foundation of AAPI-2 , an inventory designed to assess high risk parenting practices.

Form the lessons and competencies of the Nurturing Parenting Programs.

Critical Practices of Child Maltreatment

- Construct A: Inappropriate parental expectations of their children.

- Construct B: Parental lack of empathy in meeting the needs of their children.

- Construct C: Strong belief in the use of corporal punishment.

- Construct D: Reversing parent-child family roles and responsibilities.

- Construct E: Oppressing children's power and independence.

AAPI

- Heart of the Nurturing Parenting programs

Adult-Adolescent Parenting Inventory (AAPI-2)

The AAPI-2 is an inventory designed to assess the parenting and child rearing beliefs of adult and adolescent parent and pre-parent populations.

Adult-Adolescent Parenting Inventory (AAPI-2)

Five separate subs-scales form the basis of the AAPI-2:

Construct A   **Inappropriate Expectations of Children**

Construct B   **Inability to Demonstrate Empathy towards Children's Needs**

Construct C   **Strong Parental Belief in the Use of Corporal Punishment**

Construct D   **Reversing Parent-Child Family Roles**

Construct E   **Oppressing Children's Power and Independence**

Parenting Constructs

The following constructs identify the known parenting practices and child rearing behaviors of abusive and neglecting parents.

The Nurturing Parenting Programs are designed to treat and prevent these practices from occurring.

Inappropriate Parental Expectations

Beginning very early in the infant's life, abusive parents tend to inaccurately perceive the skills and abilities of their children.

Construct B:
Parental Lack of an Empathic Awareness of Children's Needs

Empathic parents are sensitive to their children and create an environment that is conducive to promoting children's emotional, intellectual, physical, social, spiritual, and creative growth.

Strong Belief in the Use of Corporal Punishment

Physical punishment is generally the preferred means of discipline used by abusive parents. Throughout history, the use of corporal punishment has been well documented.

Corporal Punishment:
Why Parents Hit Their Children

- Parents hit children to **teach them right from wrong.**

- Parents hit children as a **form of punishment.**

- Parents hit children **based on religious writings.**

- Parents hit children as an **"act of love."**

- Parents hit children because **it's a cultural practice.**

- Parents hit children **to prepare them for the real world.**

Parent-Child Role Reversal

Parent-child role reversal is an interchanging of traditional role behaviors between a parent and child, so that the child adopts some of the behaviors traditionally associated with parents.

When children's power and independence are oppressed, they are not allowed to challenge, to voice opinions, or to have choices, but rather are told to "do what they are told to do" without question.

Construct E:
Oppressing Children's Power and Independence

This demand for compliance to parental authority has many limitations:

1. Obedience breeds powerlessness.

2. Obedience breeds inadequacy.

3. Obedience also breeds rebelliousness.

4. Obedience breeds compliance — to all.

5. Obedience breeds followers, not leaders.

Adult Learning is based on the assumptions of andragogy.

Andragogy:

"The art and science of helping adults learn"
Adults generally learn

10% of what they read

20% of what they hear

30% of what they see

50% of what they see and hear

70% of what they say and write

90% of what they say as they do

(Explained by Edgar Dale –*Dale's Cone of Experience*, 1960

Knowles, Holton and Swanson (1998) discuss six assumptions of andragogy:

▶ The Adult's Need to Know

▶ The Adult's Self-Concept

▶ The Role of the Adult's Experience

▶ The Adult's Orientation to Learning

▶ The Adult's Readiness to Learn

▶ The Adult's Motivation to Learn

The Adult's Need to Know

▸ Adults need to know why they should learn something and how it will benefit them.

▸ Learning for immediate use is better than learning for future use.

▸ What do you expect to learn?

▸ How might the information be useful for them?

The Adult's Self-Concept

▶ Adults resent and resist situations in which they feel others are imposing their wills on them.

▶ Self-Concept as a learner is influenced by successes and failures in school.

▶ Self-Concept as a learner is also related to the person's level of empowerment and motivation.

The Role of the Adult's Experience

▶ Based on a lifetime of experiences, adult learners are more heterogeneous than younger learners.

▶ Adults' personal identity is often tied to their experiences with biases and habits.

▶ Reflective learning helps adults reassess the impact of experiences and prepare them for change.

The Adult's Orientation to Learning

▶Adults are ready to learn when they experience a need to learn something in order to cope with real life tasks or problems.

The Adult's Readiness to Learn

▶ Adults are life, task, or problem-centered in their orientation.

▶ Learning needs to use real life situations.

▶ Flexibility in the lesson allows for personal experiences.

The Adult's Motivation to Learn

‣ Adults' internal priorities are more important than external priorities.

‣ Incentives such as self-esteem, quality of life, and satisfaction are most important.

‣ Adults' input into the development of lessons or prioritization of topics can encourage adults to take ownership of the learning process.

There are four elements to learning

▶Motivation

▶Retention

▶Reinforcement

▶Transference

Motivation for Learning

▶ A key aspect of learning.

▶ Teaching to unmotivated adults is a waste of the instructor's time.

▶ A friendly and open atmosphere helps build motivation.

▶ The learning environment needs an appropriate level of concern and stress.

▶ Appropriate level of difficulty.

▶ Provide relevance.

Retention

▶ Practice through role play

▶ Repetition

▶ Sequenced lessons

▶ Practical use experiences

Reinforcement

▶ Encourage learning

▶ Positive better than negative

▶ Support for students

Transference

▶ Learners can associate new information with something they know.

▶ Learners can find similarities between the new information and something they know.

▶ Learners have a high degree of original learning (self-discovery).

▶ Learners need information for a critical reason.

Summary of Major Points

▶ Discover why adults would want to learn something new.

▶ Adults need to learn experientially.

▶ Approach topic as problem-solving.

▶ Repeatedly emphasize relevance of topic.

▶ Involve the adult in the planning, learning and evaluation.

▶ Adults will need to process and reflect.

Nurturing Program
Facilitator is a Philosopher

- Philosophy is a well thought out set of beliefs.

- A defined philosophy allows individuals to make conscious, congruent choices.

- Parenting entails a set of unconscious beliefs and practices that have been past down and recycled to another generation of children without understanding or challenge.

- The best parents make conscious, informed choices in raising their children.

Nurturing Program Facilitator is a Scientist

▶ Is current of recent research being conducted on the effectiveness of parenting education.

▶ Is competent in explaining & demonstrating the functions of program assessment and evaluation.

▶ Is aware of the differences between opinions, beliefs, personal experiences, personal truths, and scientific facts when presenting information.

Nurturing Program Facilitator is a Clinician

- Understands the motivations and reinforcements of behavior.

- Aware of the impact the quality of childhood has on the life styles and parenting styles of adults.

- Understands how the brain normalizes repeated experiences and develops neurological pathways.

- Understands and accepts one's own personal history and influence as a facilitator.

Nurturing Program Facilitator is a Practitioner

- Skills in facilitating groups.

- Skills in conducting home-visits.

- Skills in working with children and teens in groups and one-to-one.

- Creates a comfortable, positive learning environment.

- Is capable of using assessment data to develop meaningful parenting instruction.

- Knows the difference between primary, secondary and tertiary prevention levels.

Facilitating Nurturing Programs

Nurturing embraces the skill and the art of the **practitioner** in facilitating participant growth and learning:

▶ Conducting engaging, dynamic group and home based learning environments

▶ Engaging and challenging parents and children to develop new beliefs and perceptions

▶ Skillfully promoting growth through self-discovery

Group Work

As a Group make a list of the top 5 facilitator characteristics needed to be successful implementing a Parent Education program

Workbook pg. 1

Facilitator Characteristics

- Good listener

- Attentive

- Flexible, but firm

- Respectful

- Emotionally stable

- Accepting of their own personal background

- Dependable

- Experience?

Types of Learning Activities

- Lecture
- Discussion
- Reading
- Practice by doing
- Audio Visuals
- Demonstration
- Teaching others

Workbook pg. 44

Types of Learning Activities

Retention Rates:

- Lecture 5 percent
- Reading 10 percent
- Audio Visuals 20 percent
- Demonstration 30 percent
- Discussion 50 percent
- Practice by doing 75 percent
- Teaching others 90 percent

Workbook pg. 44

In the words of Confucius

What I *hear*, I forget

What I *see*, I remember

What I *do*, I understand

Active Learning Creed

What I *hear*, I forget

What I hear and *see*, I remember a little

When I hear, see, and ask questions or discuss with someone else, I begin to understand

When I hear, see, discuss, and do, I acquire knowledge and skill

When I teach another, I master.

- **Nurturing Parenting Skills for Families in Supervised Visitation** is an innovative program designed to empower parents and parent educators in creating customized, competency based parenting programs to meet the specific needs of families.

- Each lesson lasts between approximately 30 minutes that is intended to either precede a supervised visitation, or be incorporated into the visit. The lessons are taken from the evidenced-based Nurturing Parenting Programs

- Based on the assessed needs of the family, parents and parent educators work together and select competency based lessons from the curriculum to form a parenting/visitation program that is customized to meet the specific needs of the families.

Curriculum

- Facilitator Guide with 45 lessons
- Activities for Children
- USB Drive with Reports, Handouts, Family Nurturing Plan and supplemental materials