



# Nurturing Parent Program

This program is a 10-week series for parents of kids of all ages. The program helps parents explore what they want for their family and how to make sure they are helping to build strengths so their family can be successful. The program explores various techniques to help parents create their own method of discipline that is instructive rather than punitive. Each class is 2 hours long.

## Topics covered:

- The philosophy and practices of nurturing parenting
- Ages and stages of growth for infants and toddlers
- Ways to enhance positive brain development in children and teens
- Communicating with respect
- Building self-worth in children
- Understanding feelings
- Understanding and developing family morals, values and rules
- Praising children and their behavior
- Alternatives to spanking
- Learning positive ways to deal with stress and anger
- Other topics as needed

616.416.6571 | [info@arborcircle.org](mailto:info@arborcircle.org)  
Kent | Allegan | Muskegon | Newaygo | Ottawa

