



The Nurturing Parenting Program at Kids House of Seminole *Fun, Food, Education and Prizes* Classes begin August 2008

What is nurturing?

- ⊗ Nurturing is the ability to care for and foster growth in yourself and others.
- ⊗ Everyone in a family--both parents and children—need: understanding, warmth, respect, and praise.
- ⊗ Nurturing is the basis for the parent-child relationship necessary to produce the next generation of healthy, responsible and self-supporting adults.

What is the Nurturing Parenting Program?

The Nurturing Parenting Program is a **15 week, 2 ½ hour** series of classes for families to take together. Parents meet separately from children with two trained facilitators while children participate in self-esteem building activities.

Who is the Nurturing Parenting Program for?

- ⊗ The Nurturing Program is for any family that wants to get along better, communicate more and feel closer to each other.
- ⊗ The program works for all kinds of families: two-parent, single parent, foster, adoptive and blended families.
- ⊗ We offer a program that is designed for parents and their **children ages 5 to 12**.

What will you gain from the Nurturing Parenting Program?

Your child will:

- ⊗ Develop greater self-esteem
- ⊗ Learn positive attitudes and to respect the feeling of others
- ⊗ Handle stress and anger better

You will:

- ⊗ Establish nurturing routines for meal times, bedtimes, chores, etc.
- ⊗ Learn to replace yelling with more effective discipline techniques such as redirection, choices and consequences, family rules and praise
- ⊗ Gain a sense of personal power and feel good about yourself
- ⊗ Enjoy your family and have more fun together.

What is the Cost: \$35.00 for materials and 15 weeks of training (Scholarships are available)

Start and End Date: The next class will begin in August 2008, dates and times to be determined.

More information: Please call Kelly Moroney at (407) 324-3036 ext. 234. There is an admittance process.