



NURTURING PARENTING CLASSES

With a focus on **TRAUMA**
CHILD CARE PROVIDED

WEDNESDAYS:

5:00-7:00 PM

CALL 517-937-4021 FOR REGISTRATION

**PERENNIAL PARK SENIOR CENTER
320 W. BACON, HILLSDALE, MI**

Getting started	• Information gathering
Week 1	• Nurturing Parenting • Cultural Parenting Traditions • Self-Care • What is Trauma • Developing Spirituality in Parenting
Week 2	• Making Good Choices • Trauma Prevention
Week 3	• Growth and Development of Children • Brain Development and the effects of trauma
Week 4	• Importance of Touch • Developing Empathy • Effects of Trauma
Week 5	• Managing and Communicating Feelings • Managing Anger and Stress
Week 6	• Understanding Discipline • Alternatives to Spanking • Understanding why children act out
Week 7	• Rewards and Punishments • Review Discipline
Week 8	• Establishing Nurturing Parenting Routines • Building Safety
Exit interview	• Feedback & certificate

Children who feel good about themselves are more capable of being nurturing sons and daughters.



I love my child so much. I just want to do the best I can for her.

NURTURING PARENTING

A nationally recognized parent education program



**HILLSDALE PERENNIAL PARK
Senior Center**

Wednesday 5pm-7pm

Classes are on 8-week rotating schedules

■ Parents may start at any time ■



Learn Nurturing Parenting as a Parent

- Develop your nurturing parenting skills at weekly sessions – alone or with your spouse or partner.
- Learn how trauma affects behavior and what to do to help.
- Enjoy the benefits of learning how to grow and bond as a family.
- Easy to understand lessons without any pressure; attend a friendly group setting.

Quotes from parents

"I like the discussions and meeting all the people, knowing we all have problems."

"I thought it was very educational and helped me to make positive changes for me and my son."

"These classes were very helpful in making me a better, more understanding parent. I've never cared for a child until now and (this class) changed my perspective on parenting."

"This is an amazing program that I would recommend to anyone that is or will be a parent."

