

**The Butte College Foster/Kinship Care Education Program
Presents Workshops Featuring
Trainer: Susan Patricio MS, RN
When: Tuesday Mornings 9am to noon
Where: The Paradise Ridge Family Resource Center
6249 Skyway Paradise, CA 95969**



Nurturing Parenting Program-Skills For Families

Nurturing is the ability to care for and foster growth in us and others. We all need to be nurtured - to receive understanding, respect, recognition, warmth, praise, security, limits and appropriate expectations. Parents who learn "Nurturing Parenting" realize that raising children doesn't have to be a series of confrontations where parents have to "pick their battles. The Nurturing Parenting Program's Goals are based on teaching competency areas. A competency area is a set of parental attitudes and behaviors that plays a very significant role in childrearing. A major goal of the Nurturing Program is to help parents improve their nurturing in each of these five areas: 1: Appropriate Expectations 2: Empathy 3: Non-Violent Discipline 4: Appropriate Family Roles 5: Power and Independence. The Nurturing Parenting Programs are developed from a strong philosophical basis that supports the growth and development of parents and youth as caring people who treat themselves, other, and the environment with respect and dignity.

2012 Dates:

January	17	<i>Class 1/10</i>	The Philosophy and Practices of Nurturing Parenting
January	24	<i>Class 2/10</i>	Ages and Stages of Growth and Development
January	31	<i>Class 3/10</i>	Ways to Enhance Positive Brain Development
February	07	<i>Class 4/10</i>	Communicating With Respect
February	14	<i>Class 5/10</i>	Building Self-Worth
February	21	<i>Class 6/10</i>	Understanding Feelings
February	28	<i>Class 7/10</i>	Understanding and Developing Family Morals, Values and Rules
March	06	<i>Class 8/10</i>	Praising Youth and Their Behavior
March	13	<i>Class 9/10</i>	Alternatives to Spanking
March	20	<i>Class 10/10</i>	Learning Positive Ways to Deal With Stress and Anger

Please call Butte College Foster/Kinship Care Education at 530-897-6235 to sign-up for any of these classes. **If you are new to the program or have not attended training recently please arrive 15 minutes early to fill out mandatory paperwork or fill it out from the website and bring it with you.**

www.butte.edu/careerservices/fosterkinship/

Or go to www.butte.edu/careerservices and click on Foster/Kinship Care Education Program

😊 *Thanks for your cooperation, it really helps!! Choose Your Attitude AND Make It A Great Day!!* 😊