Nurturing Parenting Class Syllabus

The following is the syllabus for the 10-week Nurturing Parenting™ program being offered by the Opportunity Alliance. This evidence and strengths-based program blends instruction, interactive activities and opportunities for personal growth to strengthen parenting skills, to build awareness of child development and to learn the philosophy and practices of Nurturing Parenting™.

Week One
Intro to The Philosophy and Practices of Nurturing Parenting/Ages and Stages of Growth

Week Two
Learning Ways to Enhance Positive Brain Development in Children and Teens

Week Three
Communicating with Respect

Week Four
Understanding and Developing Family Morals, Values and Rules (Agreements)

Week Five
Building Self-Worth in Adults and Children/Teens

Week Six
Understanding Feelings

Week Seven
Praising Children/Teens and Their Behavior

Week Eight
Positive Effective Discipline

Week Nine
Learning Positive Ways to Manage Stress and Anger

Week Ten
Strategies for FTM’s, Team-Focused Communication and Building Support Systems