

About The Curriculum

The Nurturing Parenting Programs are a family-centered trauma-informed initiative designed to build nurturing parenting skills as an alternative to abusive and neglectful parenting and child-rearing practices. Since 1983, our evidence-based Nurturing philosophy has helped families from all over the world and in all branches of the military improve their parenting skills.

The Nurturing Parenting Programs target all families at risk for abuse and neglect with children birth to 18 years. The programs feature activities to foster positive parenting skills with nurturing behaviors, promote healthy physical and emotional development, and teach appropriate role and developmental expectations.

The Nurturing Parenting Programs are recognized by the Substance Abuse and Mental Health Services Administration (SAMHSA), and a number of state and local agencies as proven programs for the prevention and treatment of child abuse and neglect.

Class Topics Covered Throughout 12 Sessions:

- The Philosophy of Nurturing Parenting
- Ages & Stages
- Brain Development
- Communicating with Respect
- Building Self-Worth
- Understanding Feelings & Emotions
- Family Morals & Values
- Praising Children
- Alternatives to Spanking
- Dealing with Stress

Class Options

On Demand:

- Pre-Recorded Sessions
- Watch at a time that works in your schedule
- Books and materials shipped to your home
- Submit questions to parent educator by email
- Bonus topics included (Drug Abuse, Budgeting, Suicide & more!)
- Assessments, homework, and all paperwork submitted by email/mail
- Each participant must have a unique email address
- Participants need internet accessibility

Class Options (continued)

Live Virtually:

- Live classes online with the parent educator
- Must participate during the scheduled live time
- Books and materials shipped to your home
- Live Q&A with presenter and interaction with other participants
- Special guests share information, personal testimonies & life experiences
- Assessments, homework, and all paperwork submitted by email/mail
- Multiple participants can join from one email account
- Participants must attend with camera and microphone capability
- Participants need internet accessibility

Live In-Person:

- Live classes in-person with the parent educator
- Must participate during the scheduled live time and location
- Books and materials distributed during class
- In-Person Q&A with presenter and interaction with other participants
- Special guests share information, personal testimonies & life experiences
- Assessments, homework, and all paperwork turned in during classes
- Childcare and food provided

Contact us today to see which option would work best for you!

- Learn valuable information!
- Absolutely **NO Cost** to the participant!
- Participate at a time that works for you!
- Resources, Activity Kits and More available to participants!
- Certificate after successful completion of the program!
- Become a more confident and Nurturing Parent!



**Lake Cumberland
Community Action Agency
Central Office
Nicholas J. Shearer
Executive Director**

Counties served in Kentucky:

**Adair | Casey | Clinton | Cumberland | Green
McCreary | Pulaski | Russell | Taylor | Wayne**

Lake Cumberland Community Action Agency, Inc., is a private, non-profit agency, with a mission to help people help themselves. LCCAA has been in the community for 50 years. The agency operates an array of socioeconomic programs.

Thousands of people in the ten-county Lake Cumberland area are either unemployed or under-employed. This low-income population has been excluded from economic and social opportunities which could help them in attaining self-sufficiency and improved living conditions. LCCAA provides the tools and encouragement to empower low-income people to confront and overcome their obstacles.

FREE Parenting Classes

Lake Cumberland
Community Action Agency, Inc.



Nurturing Parenting Programs



Helping People. Changing Lives.

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Child Abuse Kentucky.**

