

Nurturing Parenting Programs

FREE— On-Line Parenting Classes

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.



12 Classes with the following topics covered:

- 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

Bonus Topics Include:

Drug Abuse
Suicide
Identity Theft
Neonatal Syndrome
Bed Bugs
Staying Positive
Budgeting
Anxiety
Disaster/Emergency Preparedness
Peace Management

PLUS:

Local Resource Guides and
Additional information.



Enroll TODAY!

To register or for more information

Contact: Carrie Bunch

Phone: 270-343-4600

Toll Free: 800-928-6382

Email: carrie.bunch@lc-caa.org

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!

Presenter:

Dr. Wilkerson is a trained Nurturing Parenting Educator who has been providing parenting classes for Lake Cumberland Community Action Agency for over 20 years. She is also a Licensed Clinical Social Worker and a Licensed Alcohol/Drug Counselor.



Dr. Lynda H. Wilkerson, Ph.D.

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.

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