



WELCOME BABY!

OVERVIEW

Welcome, Baby! is a FREE program for expectant parents and parents of infants and toddlers. Additional caregivers are encouraged to participate also. Participants learn the foundational principles of a nurturing parent lifestyle. It is funded by Brighter Futures Foundation.

The program combines weekly classroom lessons with periodic one-on-one parent coaching.

- Weekly lessons include: nurturing relationships, children's brain development, developmental milestones, understanding empathy, needs and feelings, understanding discipline, nurturing parenting routines, alternatives to spanking, building self-worth, personal power and more...
- Use of the Ages and Stages Questionnaire (ASQ), a screening tool used to build on a child's developmental milestones and identify developmental delays.
- Use of the Adult-Adolescent Parenting Inventory (AAPI-2), an inventory designed to identify high risk parent attitudes. Parents use the inventory to measure parent success and identify parenting goals.

NURTURING PARENTING

The class uses curriculum from Nurturing Parenting Programs developed by Dr. Stephen Bavolek. (<http://www.nurturingparenting.com/>) Nurturing Parenting is first and foremost a philosophy that emphasizes the importance of raising children in a warm, trusting and empathic household. Learning the principles of Nurturing Parenting is the foundation of Welcome, Baby! See reverse side for the Seven Principles of Nurturing Parenting.

PARENT COACHING

During the course of a semester parents have an opportunity to receive up to 3 one-on-one parent coaching sessions. Coaching sessions last for 50 minutes and are designed to meet the needs of individuals. They are conducted at the parent's home or another agreed upon location.

AGES & STAGES QUESTIONNAIRE (ASQ) *For children between the ages of birth and 6 years.*

The ASQ-3 questionnaires are used to check a child's general development. Results help determine if a child's development is on schedule. The ASQ: SE questionnaire is used to check a child's social emotional development. Results help identify appropriate social emotional competence in young children. The facilitator reviews results of the questionnaires with parents and provides appropriate resources to strengthen development. For more information on ASQ go to <http://agesandstages.com/>

ADULT-ADOLESCENT PARENTING INVENTORY (AAPI-2)

The AAPI is a parenting inventory developed to identify high risk parent attitudes. The purpose is for the primary prevention and treatment of Child Abuse and Neglect. Welcome, Baby! uses this tool to measure participant success. For more information on the AAPI-2 go to: <https://www.assessingparenting.com/assessment/aapi>

To bring Welcome, Baby! to your organization, contact Sue Volkman @ 414.671.5575 Ext. 29
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THE SEVEN PRINCIPLES OF NURTURING PARENTING

Developed by Stephen J. Bavolek, Ph. D.

Nurturing Parenting is first and foremost a philosophy that emphasizes the importance of raising children in a warm, trusting and empathic household.

1. FEELINGS OF ATTACHMENT

Attachment means a bond between parents and their children. Attached parents convey a deep love to their children that is unconditional. When children feel loved unconditionally, communication, trust, and respect naturally occur.

2. EMPATHY

Empathy is the ability of parents to put themselves in the place of their children in an attempt not only to recognize their emotions, but also their motives.

3. NURTURING ONESELF

Taking time in getting one's own needs met forms the foundation of understanding and helping children get their needs met. Men and women who continually sacrifice their own needs will soon find themselves feeling burned-out and resentful as fathers and mothers. Nurturing parents take care of themselves, as well as their children.

4. GENTLE TOUCH

Early and continual parent-child touch has been studied for generations. Children who experience warm and gentle touch develop and maintain healthy relationships throughout their life through a strong and healthy sense of their self.

5. DISCIPLINE

Setting limits through family rules, teaching right from wrong through family morals, and teaching respect and worth through family values are all part of a nurturing family. It is our philosophy that discipline cannot be imposed, beaten into, or forced on a child, but rather develops best by the child modeling parents whose example he or she admires.

6. EXPRESSING FEELINGS

Helping children learn appropriate ways to express their feelings is an important aspect of nurturing parenting. Anger, sadness, and frustration are just as important to express as happiness, love and contentment. Emotional competence helps children and parents stay in control, demonstrate respect, and foster an atmosphere of communication.

7. EXPECTATIONS AND SELF-WORTH

Knowing what to expect of children as they reach physical, emotional, and intellectual milestones is important in the development of children's positive self-worth. When parents make demands on children that they are unable to meet, or when they make no demands and have no expectations, children's overall feelings of worth are lowered.