

# Nurturing Parenting® Programs ONLINE

## Facilitator Training

With

**Jen Moss, MA, MFT**

*National Trainer/Consultant  
Nurturing Parenting® Programs*

**Dates: August 14-16 2024**

**Time: 9:00 a.m. – 4:30 p.m. (Central Time)**

**Cost: \$450 per person (books included)**

[Click Here to Register](#)

Questions: 503-908-9321, or email  
info@Jenmossmft.org or go to JenMossMFT.org  
to click on Attend a Training



Learn the philosophy and goals of Nurturing Parenting and how to implement and facilitate the group and home-based programs.

### **Jen Moss, MA, MFT**

Author, Speaker & Nationally Recognized Trainer/Consultant for the Nurturing Parenting® Programs for over 19 years. She has facilitated the Nurturing Parenting® Programs for all ages in both group- and home-based settings. Her training includes the Core Facilitator Training as well as Parents & Children with Special Needs and Health Challenges, Adolescent Specific, LGBTQ, Families in Substance Abuse Treatment and Recovery as well as Assessments and Documentation and other “Refresher” Trainings.

### **Educational Background:**

- *MA, Marriage & Family Therapy  
Argosy University, Hawaii*
- *B.A., VT College of Norwich University*
- *Time to Teach, Educational  
Trainer/Consultant*

Jennifer has been working with couples and their children for over ten years, predominantly on the Hawaiian Islands and now throughout the Pacific Northwest.

She has two teenaged children in which she shares many humorous and vivid experiences of many years of single parenting.

### **Testimonials**

*“So much fun and so much information, I felt like I was going to burst...in a good way!”*

*“Jen is one of the best hands on trainers I have ever experienced “*

*“I felt really nurtured, Jennifer is so authentic, and her stories make you realize she not only knows this stuff, she has lived it!”*

### **Training Description**

This 3-day training will focus on incorporating the philosophy, skills and strategies of Nurturing Parenting®. Participants will learn how to design home-based and group-based parenting programs utilizing the proven lessons of the Nurturing Parenting® Programs. A hands-on approach to conducting home and group-based Nurturing Programs that includes facilitating weekly sessions and explains how to use program materials with diverse and multi-cultural populations. The training program utilizes assessment tools, children’s and parents’ program activities, family home practice assignments, icebreakers, personal growth lessons, communication dialogue, activities for personal power, positive discipline techniques, building self-esteem, emotional regulation, stress management, self-concept and explores empathy in parents and children. Participants will learn how to use the online version of the **Adult-Adolescent Parenting Inventory (AAPI-2.5)** to gather pre and post program outcome data.

### **Adult-Adolescent Parenting Inventory (AAPI-2.5)**

The AAPI has proven invaluable in assessing the parenting attitudes and child-rearing beliefs of parents and adolescents. Founded on five parenting constructs known to lead to abusive parenting, the AAPI provides scores that profile parents at risk for abusing and neglecting children. For more info, visit

[www.assessingparenting.com](http://www.assessingparenting.com)

## The Nurturing Parenting® Programs

The Nurturing Parenting® Programs are family-based programs with a proven track record of preventing the recurrence of child abuse and neglect that address the specific needs of different populations:

- Prenatal Program
- Parents and Their Infants, Toddlers, and Preschoolers
- Parents and Their School-Age Children
- Parents and Adolescents
- Teen Parents and Their Families
- Families in Substance Abuse Treatment & Recovery
- ABC's Program for Parents and Kindergarteners
- Crianza con Cariño Birth to Five Years
- Crianza con Cariño 4-12 Years
- Parents and Their Children with Health Challenges
- Hmong Parents and Adolescents
- Nurturing God's Way™ Program for Christian Families
- Nurturing Skills for Parents, Teen Parents, Military Families and more ...



## Philosophy of Nurturing Parenting®

The philosophy of Nurturing Parenting® emphasizes the importance of raising children in a warm, trusting and caring household. It is founded on the belief that children who are cared for develop the capacity to trust, care for and respect themselves, other people and living creatures and the environment. The philosophy of Nurturing parenting® is founded on seven principles:

1. **Feelings of Attachment.** Attachment means a bond between parents and their children that conveys a deep love that is unconditional. When children feel loved unconditionally, communication, trust and respect naturally follow.

2. **Empathy.** Empathy is the ability of parents to put themselves in the place of their children in an attempt to feel, think and understand what their children are feeling, thinking and understanding, and responding to them in a loving and respectful way.

3. **Nurturing Oneself.** Taking time in getting one's own needs met, as an adult, forms the foundation of understanding and helping children get their needs met. Nurturing parents take care of themselves as well as their children.

4. **Gentle Touch.** Research has shown that children who experience warm and gentle touch in the form of hugs, pats, and massages develop and maintain healthy

relationships throughout their life, as well as a healthy and positive 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 a part of a nurturing family. Discipline cannot be imposed, beaten into or forced on children but rather develops best by the children modeling their parents whose example they admire.

6. **Expressing Feelings.** Helping children and adults learn appropriate ways to manage and express their feelings is a fundamental characteristic of a nurturing family.

7. **Expectations and Self-Worth.** Knowing what to expect of children as they develop plays a significant role in their self-worth. When parents have appropriate expectations, children learn that they are competent people, capable of pleasing others important in their lives.

The Nurturing Parenting® Programs are recognized by the National Registry of Effective Programs and Practices (NREPP), the Substance Abuse-Mental Health Services Administration (SAMHSA) and the Office of Juvenile Justice and Delinquency Prevention (OJJDP).