



# Nurturing Parenting Program<sup>®</sup>

## *The CUPS Experience*



The ways we live and interact with others and how we care for others and ourselves are powerfully impacted by our earliest life experiences, especially our experiences of family life.

Nurturing and non-nurturing attitudes & behaviors are not instinctual, but are learned at our parent's knees.



**'Nurturing Parenting' is ....**

- Trauma- informed
- Evidenced-based
- Competency-based
- Family-focused
- Flexible/Tailor-made

### Assessment/evaluation

Over **30 years of research** conducted by **Dr. Stephen Bavolek** has determined what aspects of those early family experiences have the greatest impact on how we turn out as adults.

*Five Parental Behaviors Destructive to Children's Healthy Development:*

- 1.Unrealistic expectations
- 2.Lack of Empathy
- 3.Use of Corporal Punishment
- 4.Inappropriate family roles (parental dependence on children for support)
- 5.Oppression of children's power and independence

The primary instrument that developed through his work is the AAPI-2 which provides us with a measurement of risk in particular areas of parental behavior.

**Pre– and post-tests used for Nurturing Parenting :**  
**AAPI-2 (Adult-Adolescent Parenting Inventory)**

- Measures knowledge & beliefs of parents

**NSCS (Nurturing Skills Competency Scale)**

- Gathers information about parents, partners, their families; knowledge; frequency of use of Nurturing skills

**Nurturing Parenting also uses process evaluation:**

Each session ends review questions/competency ratings

### Levels of Prevention

**Prevention- Education (Primary)**

Low risk families – community based education (workshops) for enhancing skill

**Prevention- Intervention (Secondary)** Higher risk families – group or home based - replacing old, hurtful patterns with healthier, nurturing patterns

**Intervention – Treatment (Tertiary)**

Highest risk families – group or home - higher 'dosage'



Nurturing Parenting operates from the premise that destructive parenting patterns are reversible. The Nurturing Parenting Program<sup>®</sup> adheres to a re-parenting philosophy of experiential self-discovery replacing old, unwanted patterns with more functional nurturing patterns.

### Theory of Emergence

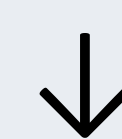
Everyone is born predisposed to form and sustain enduring, nurturing relationships. Childhood experiences (nurturing/abusive)



Child's beliefs about self, others & world



Child's true self  
(if nurtured)



Child's adapted self  
(if abused/neglected)

### Nurturing Parenting Programs at CUPS

From the range of 25 programs available, CUPS has chosen to deliver three (3) particular 'Nurturing Parenting' programs:

#### 10 Evening Nurturing Parenting

- Philosophy & practices of Nurturing Parenting
- Ages & Stages of Infants and Toddlers
- Brain development in Children & Teens
- Communicating with Respect
- Building Self-Worth in Children
- Family Morals, Values & Rules
- Praising Children & their Behavior
- Alternatives to Spanking
- Dealing with Stress

#### Pre-Natal Nurturing Parenting

Basic introduction to the principles of Nurturing Parenting plus discussions about:

- use of non-prescription drugs, alcohol and tobacco during pregnancy
- relationship between healthy pregnancies and proper nutrition
- effects of stress on the baby
- ways to keep a healthy relationship
- issues of body image, weight gain, dieting and brain development during pregnancy

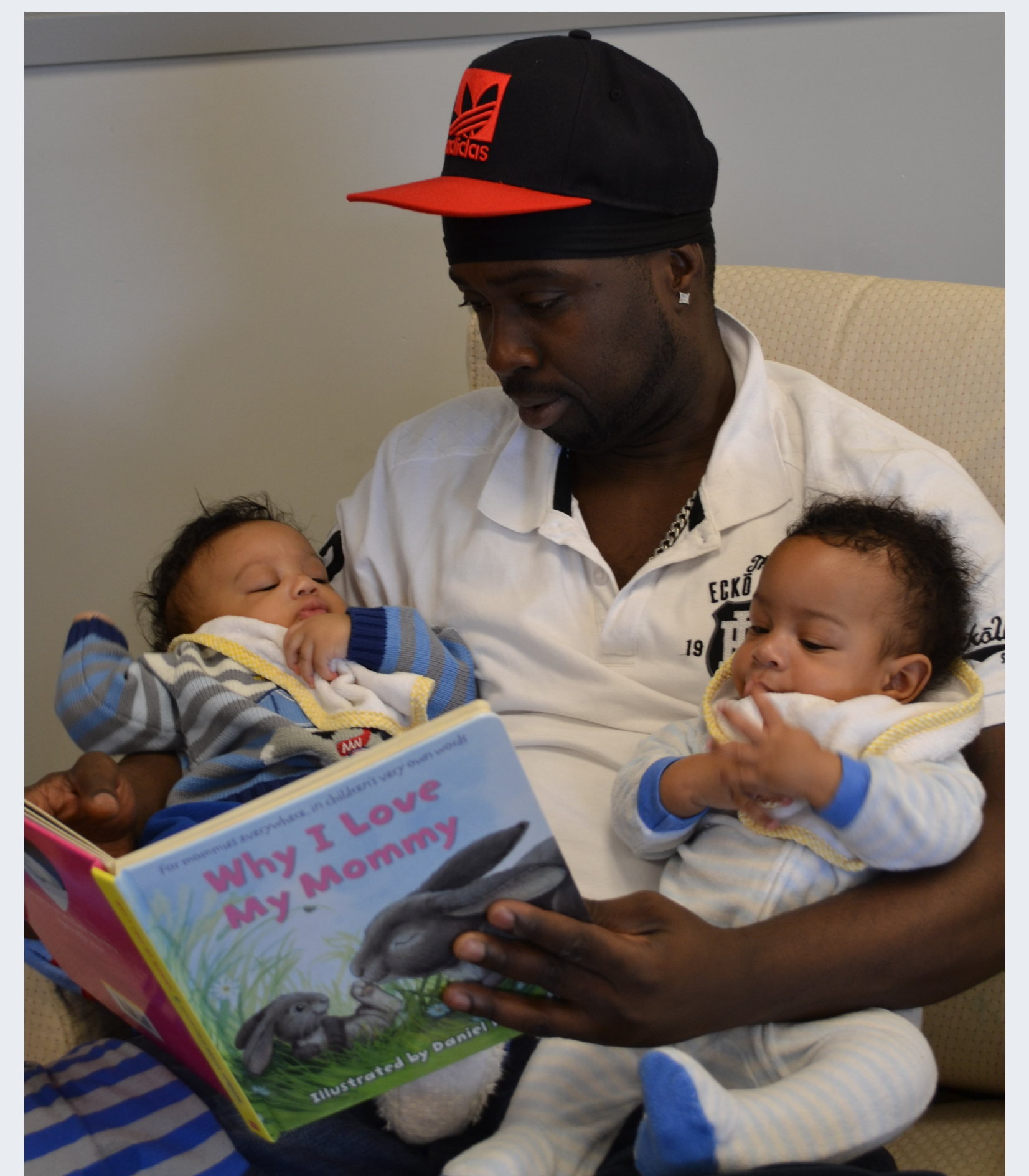
#### 16 Week Intensive Nurturing Parenting

Features activities to foster positive parenting skills and self-nurturing, home practice exercises, family nurturing time, and activities to promote positive brain development in infants and young children.

- 16 parent group sessions set up in a purposeful sequence
- 16 parent/child sessions in the 0-3 CDC
- 5-7 NP home visits
- Child developmental and psychological assessments with referrals and supports as needed
- Full year of 'family support' prior to and following NP program to stabilize and address 'quality of life' issues that prevent families from apply nurturing skills consistently

### What Is CUPS?

CUPS is a non-profit organization dedicated to helping low-income individuals and families in Calgary overcome poverty. Our programs focus on health care, housing and education. We support the development of family strength and resilience through goal setting, case management, group involvement, referrals and other CUPS' services.



### Indicators of Success

Since 1983, there have been 27 studies about Nurturing Parenting published or available as final reports consistently reporting:

- High rate of parental completion of programs
- Significant increase in post-tests in parental knowledge of nurturing practices
- Maintenance of new skills over time
- Lower than national (U.S.) rates of recidivism among families completing the program

Between September 2012 and March 2014, 70 participants at CUPS completed initial assessments of the AAPI. At 6 month follow up, posttests showed statistically significant improvements in parental attitudes in the domains of (2) empathy toward children's needs and (4) parent-child family roles. This illustrated that after participation in the Nurturing Parenting program parents were more likely to understand their child's needs and to seek support for themselves from peers and not their child.

CUPS also assesses changes in family functioning with the Family Assessment Form (FAF), a practice-based tool designed to standardize assessment and service planning for families of children who are vulnerable to developmental delay because of psychosocial risk. 23% of the families initially presented with significant concerns about parent/child interactions, but this number dropped to 4% at 6 month post-test and 1 % at 12 months

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