

NURTURING PARENTING PROGRAM

Infants, Toddlers, & Preschoolers

Health and Human Services
Family and Children's Services
6 Garden Center
Broomfield, CO 80020

Purpose

The Mental Health Center serving Boulder and Broomfield Counties (MHCBB) in collaboration with Health and Human Services, will be offering the Nurturing Parenting Program to families with infants, toddlers and preschoolers. The Nurturing Parenting Program is a family-based program that will be offered free of charge to Broomfield families. Non-residents will be charged a minimal fee.

Philosophy

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 and respect themselves, other people, living creatures and the environment.

Skills

Parents will learn a variety of parenting skills including:

- Recognizing and understanding feelings;
- Infant and child brain development;
- Nurturing parenting routines;
- Effective disciplinary methods; and
- Ways to build self-esteem and self-confidence in children.

Building Skills Together

Please join us in this exciting opportunity to learn new skills, spend time with your children, and meet parents just like yourself!

Groups will consist of 12-15 parents (single parents or couples) along with their children, who will meet for 3 hours once per week for 16 weeks.

Children will also participate in age-appropriate activities such as music, art, and puppets.

Dinner will be provided at each weekly session along with weekly giveaways and prizes.

Sessions begin Wednesday, August 25, 2010

Further information will be provided upon registration.

To register, please call 303-466-3007 ext. 216

