

NURTURING PARENTING PROGRAMS®

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A Simple Overview of the Nurturing Parenting Programs Research, Philosophy and Constructs



The Nurturing Parenting Programs®
Creating a Caring World Through Nurturing

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DISCLOSURE

- ❑ The presenter **DOES NOT** have an interest in selling a technology, program, product, and/or service to CME/CE professionals.
- ❑ Kim Desso has nothing to disclose with regard to commercial relationships.
- ❑ The content of this presentation does not relate to any product of a commercial interest. Therefore, there are no relevant financial relationships to disclose.

INTRODUCTIONS

- ❑ **What's your name?**
- ❑ **What's your profession?**
- ❑ **Why did you choose this workshop?**
- ❑ **What is your experience with the NPPs?**
- ❑ **Tell us about an “object on your person” that has meaning for you.**
- ❑ ***Please place a band-aid on the middle and pointer fingers of your dominant hand.***



WHAT DO YOU KNOW ABOUT NURTURING?

Please take a few minutes
to complete the
Nurturing Quiz
in your packet on pages 2-4.



WHAT ARE YOUR CORE BELIEFS?

- **Find a buddy**
- **Share 3 core elements of your parenting philosophy**
(choose elements that you would strongly consider if you're not parenting)
- **Share and note similarities/disagreements**
(Examples might include obedience, corporal punishment, unconditional love, gentle touch, etc.)

Insights = Choices = Changes = Liberation

STRUCTURE OF NURTURING PROGRAMS

- ✓ Designed to involve the entire family
- ✓ Evidence-based
- ✓ National Registry for Evidence-based Programs and Practices (NREPP)
- ✓ “Re-parenting”
- ✓ Competency-based

HUMAN BEHAVIOR IS MULTIDIMENSIONAL

The positive and negative impact of life's past events shape our

**Cognitive,
Emotional, *and*
Neurological**
responses to current events.

[Train Story]

KNOW WHERE YOU COME FROM

Eckert Tolle:

“Remember that your perception of the world is a reflection of your state of consciousness. You are not separate from it and there is not an objective world out there.”

“Power of Now”

PUT YOUR OXYGEN MASK ON FIRST

**Nurturing oneself is an
important practice in
order to nurture children
and others.**

SELF-AWARENESS IS CRUCIAL

***“Insight leads to choices;
Choices lead to changes;
Changes lead to liberation.”***

James Hollis, *The Middle Passage*

POSITIVE AND NEGATIVE NURTURING

Positive nurturing is nourishing the *aspects of life we want*.

Negative nurturing is nourishing the *aspects of life we don't want*, but get anyway.

The Two Wolves

Native American Wisdom

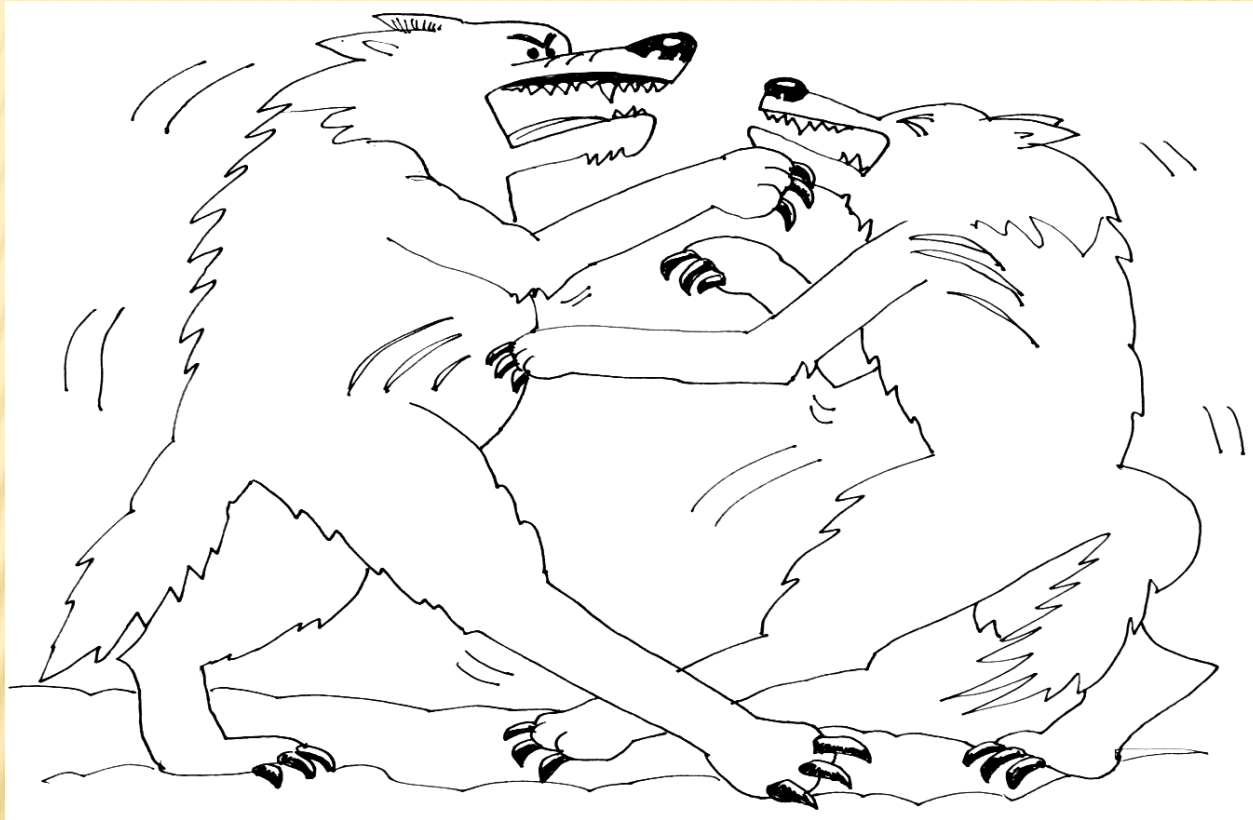
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THE STORY OF TWO WOLVES



An elder Cherokee Native American was teaching his grandchild about life. He said to his grandchild ...

THE STORY OF TWO WOLVES



“A fight is going on inside of me ... and it is a terrible fight and it is between two wolves.

THE STORY OF TWO WOLVES



One wolf represents fear, anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

THE STORY OF TWO WOLVES



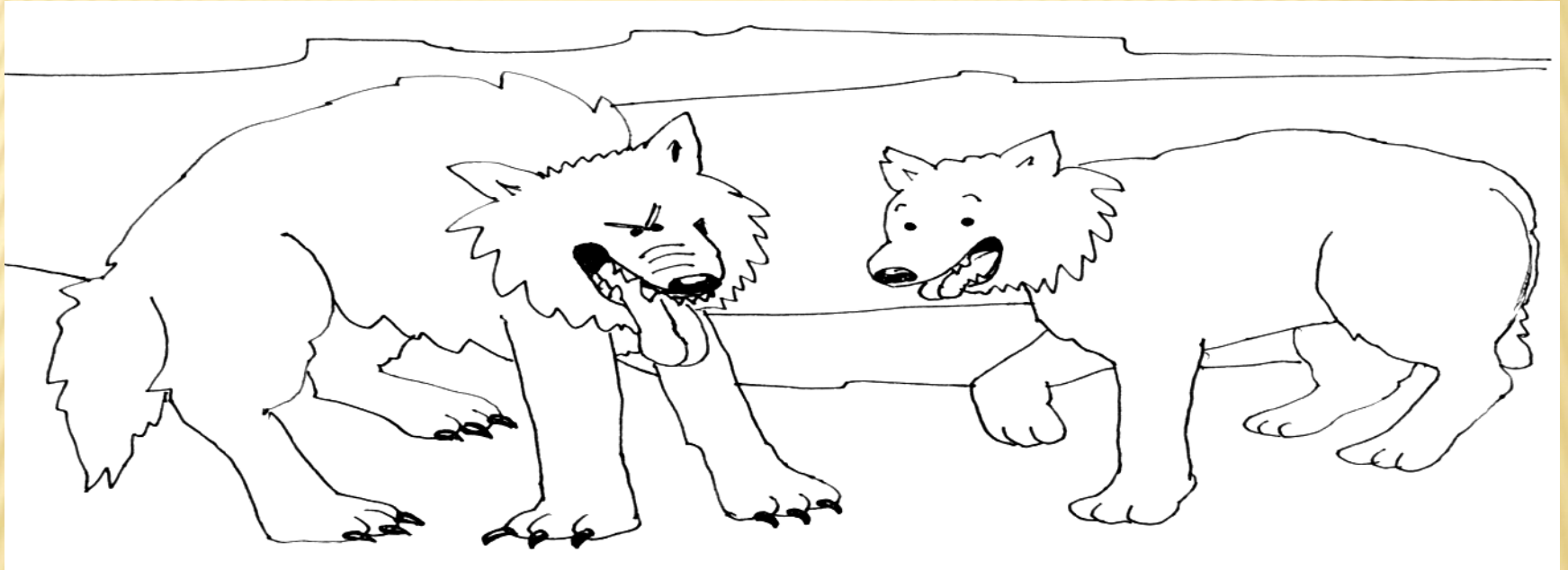
The other wolf stands for honor, joy, peace, love, hope, sharing, serenity, humility, kindness, benevolence, friendship, empathy, generosity, truth, compassion, and faith.

THE STORY OF TWO WOLVES



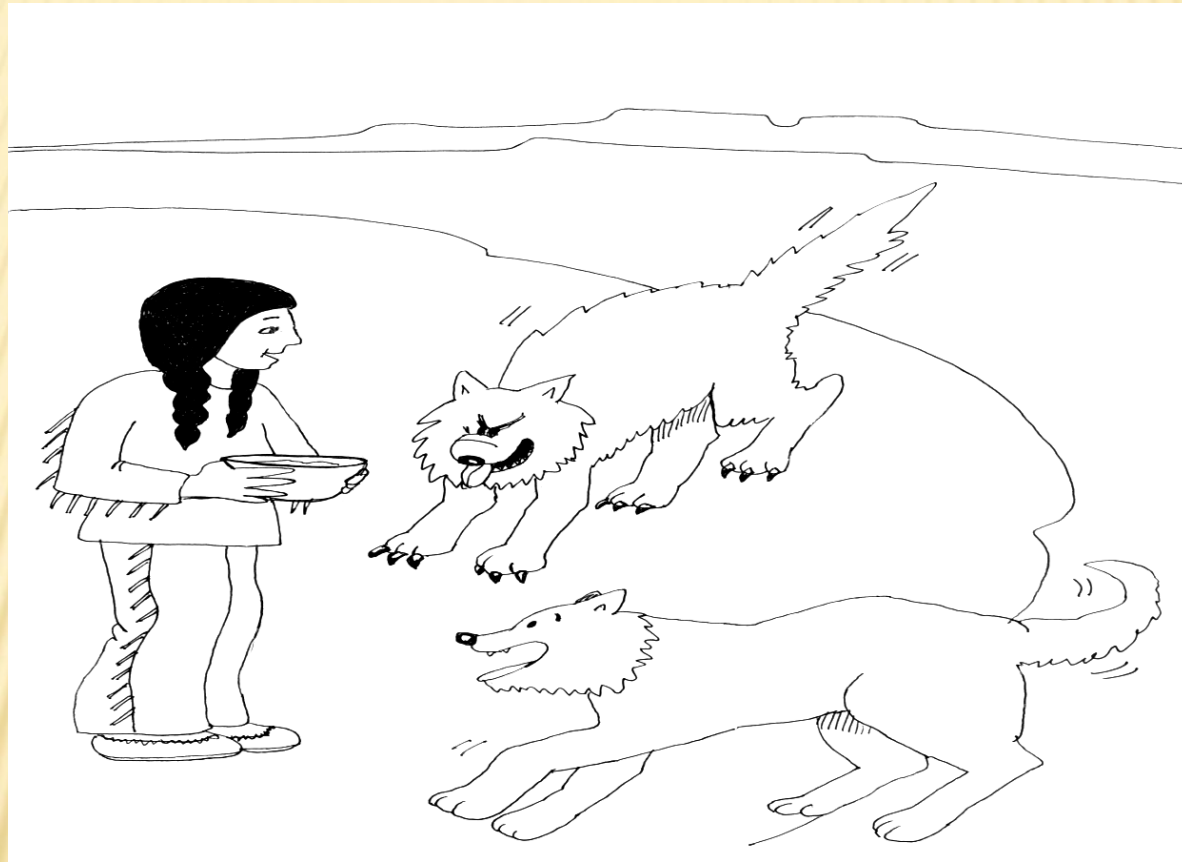
The same fight is going on inside of you and inside of every other human being too.”

THE STORY OF TWO WOLVES



After thinking about it for a minute or two, the grandchild asked her grandfather, "Which wolf will win"?

THE STORY OF TWO WOLVES



The old man leaned toward his grandchild and whispered ...
“The one you feed.”

BEING AND DOING

- Find a partner.
- Introduce yourself and decide who will be person A and person B.
- Practice safe, nurturing touch by holding hands.
- Person B goes first: **Praise Person A for one minute. Person A can only say “thank you”. You may not negate the praise.**
- Switch roles and apply same rules.

NURTURING CONTINUUM

Positive Nurturing Parenting (Good Wolf)

Frequency	Always	Frequent	Sometimes	Infrequent	Never
Intensity	Very High	High	Average	Low	Not Present
	10	9 8 7	6 5 4	3 2 1	0

Negative Nurturing Parenting (Bad Wolf)

Frequency	Never	Infrequent	Sometimes	Frequent	Always
Intensity	Not Present	Low	Average	High	Very High
	0	1 2 3	4 5 6	7 8 9	10

PHILOSOPHY OF NURTURING PARENTING

Alice laughed, “There’s no use in trying,” she said. “One can’t believe in impossible things.”

“I daresay you haven’t had much practice,” said the queen. “When I was your age I always did it for half an hour a day. Why sometimes I’ve believed as many as six impossible things ... before breakfast.”

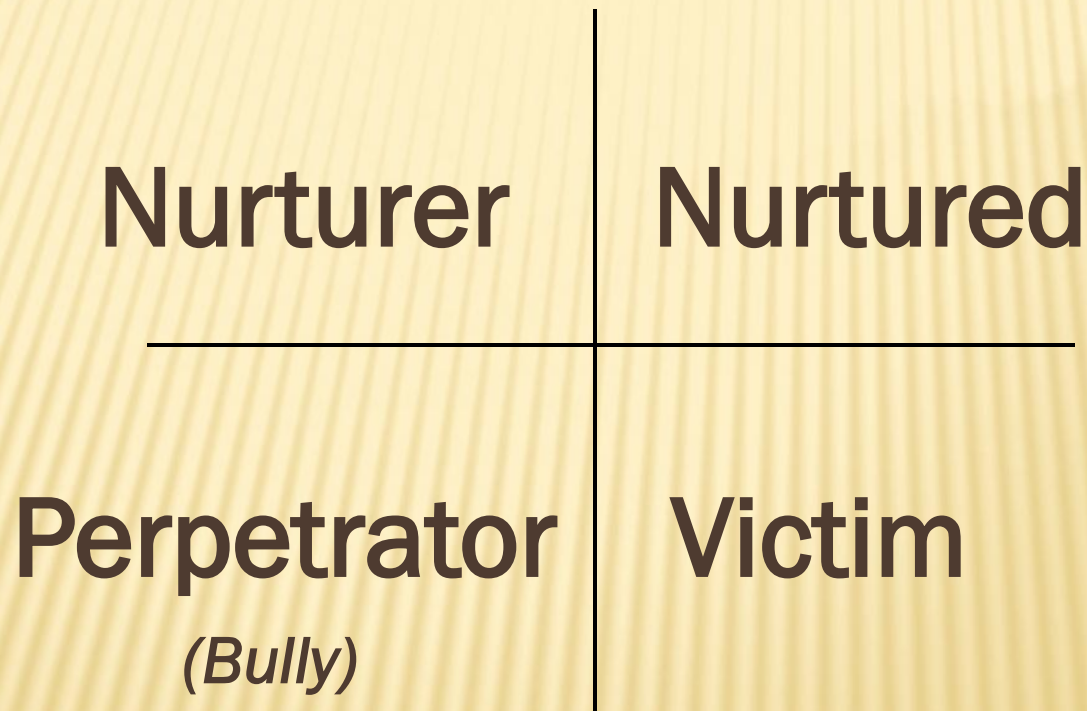
-Lewis Carroll



NURTURING AS A LIFESTYLE

- ❑ One nurturing memory I have of my childhood is...
- ❑ This is an important memory to me because...
- ❑ The feeling I had at the time was...
- ❑ The feeling I have remembering it now is....
- ❑ One nurturing memory I want my children to have of me is....

PHILOSOPHY OF NURTURING PARENTING



HOURS IN OUR FIRST 18 YEARS

Positive

Negative

Dysfunctional Hours

20%	80%	126,221
30%	70%	110,443
50%	50%	78,888
70%	30%	47,333
80%	20%	31,555
90%	10%	15,778
95%	5%	7,889
99%	1%	1,578
100%	0%	0

PHILOSOPHY OF NURTURING PARENTING

The practice of re-parenting entails interactive and experiential lessons that challenge existing thought and behavior patterns.

NURTURING AS A PROCESS

Process:

Something that happens;
movement; direct
action to achieve a product

Product:

End result of a process

CHANGING COMFORT ZONES

- Find a partner you have not yet met.
- Face partner and decide who will share first and who will share last.
- Everyone stand with arms tucked to sides bent up at elbows and hands close to chest.
- Share things about your day (*trip to the conference today, etc.*). Get to know each other.
- Now move close together so that your hands touch while your partner shares.

TAKE A BREAK

Have I stressed you out enough?

**Take a 5 minute break and come
back for more!**

NURTURING PARENTING CONSTRUCTS

5 Parenting Constructs

- 1. Inappropriate Parental Expectations**
- 2. Lack of Parental Empathy**
- 3. Strong Belief in Use of Corporal Punishment**
- 4. Parent – Child Role Reversals**
- 5. Oppressing Children's Power and Independence**

INAPPROPRIATE PARENTAL EXPECTATIONS

Beginning very early in the infant's life, abusive parents tend to inaccurately perceive the skills and abilities of their children.



PROCESS AND PRODUCT

IF

Inappropriate Expectations

THEN

Mental Injuries

(a.k.a. emotional abuse)

“If I can’t please my caregivers the I must be a failure.”

****potty training***

****be seen and not heard***

****understand and appreciate caregiver’s mood***



REPEATED LACK OF EMPATHY

Empathic parents are:

Sensitive to their children,

Create an environment conducive to

Promoting children's-

Social,

Physical,

Intellectual,

Creative,

Emotional, and

Spiritual growth.

PROCESS AND PRODUCT

IF

Lack of Empathy

THEN

Neglect

Needy people = desperation

"I don't care."

Not Valuable

Unable to Value Self/Others



STRONG BELIEF IN CORPORAL PUNISHMENT

Parents hit children to teach them right from wrong.

Parents hit children as a form of punishment.

Parents hit children based on religious writings.

Parents hit children as an “act of love.”

Parents hit children because it’s a cultural practice.

Parents hit children to prepare them for the real world.

CORPORAL PUNISHMENT

IF

Use of Corporal
Punishment

THEN

Physical Abuse

Basic Rules:

Respect yourself.

Respect others.

Respect the environment.

[Obedience, Responsibility, and Cooperation]

PARENT-CHILD ROLE REVERSAL

Parent-child role reversal is an interchanging of traditional role behaviors between a parent and child, so that the child adopts some of the behaviors traditionally associated with parents.



PROCESS AND PRODUCT

IF

Child is expected to meet
parent's needs

THEN

No childhood
objectification

miss developmental milestones/tasks
reinforces feelings of inadequacy
lack of sense of self
Exist only to meet others' needs

“I don't need you anymore.”

OPPRESSING POWER AND INDEPENDENCE

When children's power and independence are oppressed, they are not allowed to

- challenge,
- voice opinions, or
- have choices.

They are told to “*do what they are told to do*” without question.



OPPRESSING POWER AND INDEPENDENCE

This demand for compliance to parental authority has many limitations:

- 1. Obedience breeds powerlessness.**
- 2. Obedience breeds inadequacy.**
- 3. Obedience also breeds rebelliousness.**
- 4. Obedience breeds compliance — to all.**
- 5. Obedience breeds followers, not leaders.**

PROCESS AND PRODUCT

IF

Child lacks power and
Independence

THEN

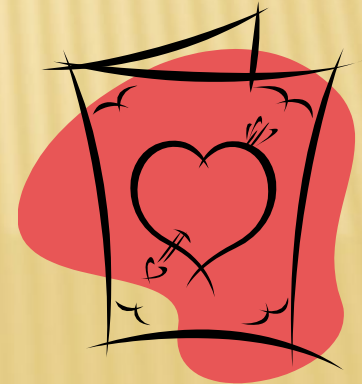
Powerlessness
Behaviors
Chaos

“What’s your wingspan?”



NURTURING PRACTICE

Take a moment to write a nurturing message to a family member that you will deliver tonight or when you next see this person.



HOW WILL YOU USE THIS?



- ❖ Find a partner.
- ❖ Reflect on the concepts you learned today.
- ❖ Share how you might use this information in your professional or personal life.

FOR MORE INFORMATION

Visit www.nurturingparenting.com

