



Nurturing Parenting



What is Nurturing Parenting?

Nurturing Parenting is an interactive 10 week course that will help you better understand your role as a parent. Help in strengthening your relationship and bond with your child. Learn new strategies and skills to improve your child's concerning behavior. Develop self care, empathy, and, self awareness. Topics Include:

- The Philosophy of Nurturing Parenting
- Age & Stages Of Growth in Infants & Toddlers
- Ways to Enhance Positive Brain Development in Children & Teens
- Communicating with Respect
- Building Self Worth in Children
- Understanding Feelings
- Understanding & Developing Family Morals, Values, & Rules
- Praising Children & their Behavior
- Alternatives to Spanking
- Learning Positive Ways to Deal with Stress & Anger

Classes Start:
Tuesday, January 19, 2019
6pm-8pm

Murrieta Parent Center
24300 Las Brisas Road, Rm 3
Murrieta, Ca 92562

Classes are free & space is limited!

To reserve a seat, please contact:
Parent Support & Training Program @ (951) 358-5862

Childcare is available for school aged children & babies/toddlers who are potty trained. You must RSVP with Parent Center.

Rcdmh.org/psp