



## **MATERNAL DEPRESSION AWARENESS**

Postpartum Depression is the most common complication of childbirth, regularly unrecognized, nevertheless a devastating disorder. Studies estimate that at least 15% to 20% of women who give birth suffer from this condition. It is imperative to educate not only the professionals on this field but the population in general about this disorder. I am inviting you to register today for our next workshop.

**Where:** Cooper City, FL

**When:** September 07, 2016

**Time:** 9:00am to 11:00am

**Cost:** \$ 25

**If you would like to register for this workshop, please contact Ana Romero at 954-558-8360 or send an e-mail to [aromero@postpartumeducation.com](mailto:aromero@postpartumeducation.com)**

**[www.thepostpartumhealingandeducationcenter.com](http://www.thepostpartumhealingandeducationcenter.com)**

## **NURTURING PARENTING**

### **PRIMARY Intervention-Education**

Prenatal Families  
ABC'S for Parents & Their Children 5 to 8  
Parents & Their Children with Special Needs &  
Health Challenges  
Community Based Education (CBE) in Nurturing  
Parenting  
CBE for Military Families  
CBE- Alcohol & Kids don't mix  
CBE- Alcohol, Anger & Abuse  
CBE- Teen Pregnancy prevention  
Developing Nurturing skills (DNS) School-Based  
Program

### **SECONDARY Prevention-Education**

Nurturing Skills for Families  
Nurturing Skills for Teen Parents  
Nurturing America's Military Families  
Nurturing Fathers  
Nurturing God's Way  
Family Nurturing Camp

### **TERTIARY Prevention-Treatment**

Parents & Their Infants, Toddlers & Preschoolers- 16  
sessions  
Parents & Their School age Children 5-11 years  
Young Parents & Their Families- 16 sessions  
Parents & Adolescents  
Hmong Parents & Adolescents  
Families in Substance Abuse Treatment & Recovery  
It's All about Being a Teen

### **COMPREHENSIVE- LONG TERM**

Adults Parents and their infants. Toddlers and  
Preschoolers (Group/Home Based)  
Teen Parents and Their Children (Group/Home  
Based)  
Spanish Speaking Parents & Their Children  
Birth To 5 years (Group/Home Based)

Postpartum Healing and Education Center  
11820 Miramar Pkwy, Suite 304  
Miramar, FL 33025

## **Nurturing Parenting Program® Facilitator Training**

With  
**Ana Romero, LCSW**  
National Trainer/Consultant  
Nurturing Parenting Programs

### **Postpartum Healing and Education Center**

**Dates: August 29-31, 2016**  
**Cost: \$280**  
**Location: Fort Lauderdale, Florida**  
**\*Exact address will be emailed to you  
after registration is received**  
**Phone: 954-558-8360**



**Learn the philosophy and goals of Nurturing  
Parenting and how to implement and facilitate the  
group and home-based  
Nurturing Parenting Programs®**

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).

## Workshop Description

### 9AM – to Noon Training Session 1 – 4:30PM Training Session

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, how to use program materials, videos and assessment tools, children and parents program activities, family home practice assignments, icebreakers, personal growth lessons, activities for personal power, alternatives to corporal punishment, building self-esteem, self-concept and empathy in parents and children.

### 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.

### Adult-Adolescent Parenting Inventory (AAPI-2)

The AAPI-2 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.aapionline.com](http://www.aapionline.com).

### About the Trainer

Ana has been involved with the Nurturing Parenting Program since 2005 and become a Nationally Recognized Trainer/Consultant In 2008. Ana got her Master in Social Work in 1993 from the San Jose State University and become a License Clinical Social Worker for the state of Florida in 2002.

### TESTIMONIALS

“Truly a well structured and well delivered training. I learnt so much. Thank you”

“Ana did an outstanding job of training. She took her time to answer questions and it was very clear that she knew the material. Excellent!”

“Hands on experience were great. They are activities that I could use again and again. The trainer was passionate and enthusiastic about the NPP”

### Registration Form

Nurturing Parenting Program Facilitator Workshop  
August 29-31, 2016, Fort Lauderdale, FL  
**MAIL THIS FORM**

along with your registration fee payable to:

**Postpartum Healing and Education Center**  
11820 Miramar Pkwy, suite 304  
Miramar, FL 33025

Phone: 954-558-8360

Email: [aromero@postpartumeducation.com](mailto:aromero@postpartumeducation.com)

Participant's Name (how you want it to appear on training certificate)

Agency

Address

City, State, Zip code

Phone

Fax

E-mail (confirmation will be sent via e-mail)

What format(s) you are using or will be using

**Participants will receive breakfast each day, a training manual, the parents & their infants, toddlers & preschoolers parent handbook (Home-Based) and a certified of completion**

**Refund Policy: No refund for cancellations after August 22, 2016. Paid fee is redeemable for one of my NPP trainings.**

## 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 care for develop the capacity to trust, care 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.