

# SMART START PARENTING CLASSES

**Effective January 2012**

Cumberland County Mental Health Smart Start will implement the Evidence-Based Parenting Model

## **Nurturing Parenting for Infants, Toddlers and Preschoolers Sixteen Session Group-Based Program**

(There is a Home Visitation Component to this model)

The philosophy of Nurturing Parenting is founded on seven principles:

**Feelings of Attachment  
Empathy  
Nurturing Oneself  
Gentle Touch  
Discipline  
Expressing Feelings  
Expectations and Self-Worth**

The Nurturing Parenting Programs (NPP) are family-based programs for the prevention and treatment of child abuse and neglect. The programs were developed to help families who have been identified by child welfare agencies for past child abuse and neglect or who are at high risk for child abuse and neglect. The goals of NPP are to:

- ◆ Increase parents' sense of self-worth, personal empowerment, empathy, bonding, and attachment.
- ◆ Increase the use of alternative strategies to harsh and abusive disciplinary practices.
- ◆ Increase parents' knowledge of age-appropriate developmental expectations.
- ◆ Reduce abuse and neglect rates.

### HOW TO ENROLL

**Parents must call our office at (910)222-6412 to schedule a pre-group family interview**

### IMPORTANT INFORMATION

**FAMILIES WILL BE EXPECTED TO ATTEND ALL 16 WEEKS**

There are only a limited number of slots in each class

**For additional information:  
call 910-222-6414**

