



# The Parenting Center

*Providing Families the Tools to Succeed*



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## Nurturing Parenting Series Create Positive Change in Parenting

Class participants who completed The Parenting Center's

### Nurturing Parenting Series Class Participants:

"We really learned a lot. This  
has brought our family closer."

"Thank you to everyone at the  
Parenting Center for working  
with us. Y'all are the best."

eight-week Nurturing Parenting®

series in 2011 not only **modified their beliefs and attitudes towards parenting** but also **increased their ability to apply their new parenting beliefs, knowledge and skills into their family lives**. The Parenting Center has measured this outcome, which matches perfectly with the results that analysts have discovered after more than 20 years of researching Nurturing Parenting®. Additionally, of the 2011 class participants:

- 76% showed a positive shift in their attitudes regarding positive parenting practices
- 81% exhibited an increase in the knowledge of Nurturing Parenting® Skills
- 81% reported that they are using the Nurturing Parenting® practices that they learned in the class more frequently

An individual's family situation can strongly determine his or her own ability to apply nurturing parenting techniques to daily life. For example, a family history of any abuse in the home, drug or alcohol abuse, or witnessing domestic violence is a few of the significant

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### **The Parenting Advice Line**

Finding it difficult to communicate with your distant teenager? Feeling like an outsider in your step-family? Call the **FREE**, confidential PAL Line at **817-332-6399** for parenting advice. Monday - Friday 12:00 - 3:00 p.m.

contributing factors that can lead to poor parenting practices and strained relationships. Many parents want to break the cycle of abuse by improving their parenting skills so that they can have a positive and healthy parent-child relationship. A single class is frequently not enough to help parents make lasting and effective changes in parenting.

**Nurturing Parenting allows class participants to recognize their own families' hurtful behaviors and equips them with the ability to change their behavior and attitude.** The Nurturing Skills Competency Scale (NSCS), one of two tests class participants take before and after the eight week series, is an inventory designed to gather information, both past and current, about individuals and their families. This test allows educators to know what attitudes, behaviors and skills parents may need to bring about the most affective change. The ability to individualize the course to the participants' need is a contributing factor towards internalizing the Nurturing Parenting® philosophy, which results in healthier parent-child relationships.

In January 2011, The Parenting Center launched the eight-week Nurturing Parenting® series as part of the Family Life Education department's Parenting Education program. Developed by Psychologist Dr. Stephen Bavolek, Nurturing Parenting® is a curriculum designed to build nurturing parenting skills through a foundation of empathy and alternatives to abusive and neglectful child-rearing practices. To learn more about the program, [click here](#).

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### **2012 Building Strong Families Luncheon Raises Funds to Support Children & Families**



The Parenting Center held its annual [Building Strong Families Luncheon](#) at Colonial Country Club on Thursday, April 5, 2012 to great acclaim. Patrons had the opportunity to hear keynote Pat Williams, Co-Founder and Vice President of the NBA's Orlando Magic and father of 19 (14 adopted), speak about the seven keys to unlocking leadership potential in children. The agency presented its Hand-in-Hand Awards to three individuals

who have embodied the agency's mission of Providing Families the Tools to Succeed: Dr. Tom Rogers, Jr. Pediatrician with Cook Children's Physician Network, Reverend Dr. Warner Bailey, Retired Presbyterian Minister, and Mr. Whitney Smith, President and Founder of The Whitney Smith Company, Inc. Valteau Wilkie, Jr., Retired Executive Vice President of the Sid W. Richardson Foundation also received special recognition for his years of support to The Parenting Center's mission. Luncheon attendees could also support children and families at The Parenting Center by purchasing autographed copies of Pat Williams' books, and raffle tickets for items ranging from an Orlando Family Fun Package to dinner for six at Oliva Italian Eatery.

With the funds raised from the Building Strong Families Luncheon, The Parenting Center will be able to provide counseling and parent education programs to benefit generations of families to come.

[Many thanks](#) go to all sponsors, donors, supporters and volunteers who made this 2012 event a huge success.

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### Pinwheels Across America: The Parenting Center Honors April as National Child Abuse Prevention Month



They're popping up in everyone's front yard. They're spinning in the winds of change. They're pinwheels, and thousands of them have been distributed nationwide as a demonstration of the belief that we can all prevent child abuse and neglect - about 200 of them are planted in The Parenting Center's front lawn!

**April is National Child Abuse Prevention Month.** This month and throughout the year, The Parenting Center encourages everyone to play a role in making Fort Worth a better place for families. By ensuring that parents have the knowledge, skills, and resources they need to care for their children, we can help prevent child abuse and neglect long before it happens.

In 2011 Tarrant County reported that 5,888 children were victims of abuse and neglect. The pinwheel has come to symbolize commitment to ensuring a healthy, safe and nurturing home and a supportive and caring community. Let it represent that for you too. Here are some ways to honor child abuse prevention in April:

- Wear your blue ribbon every day in April. When people notice your blue ribbon, talk about the many ways families receive help and support to prevent child abuse. Distribute blue ribbon pins to others.
- Write a letter to the editor of your local paper to discuss the problem - and prevention - of child abuse.
- Donate your time, energy and money to programs that prevent child abuse and strengthen families.
- Contact elected officials and request that they support programs that strengthen families; remember their responses next time you vote.
- Volunteer at your child's school through the school's administration or the parent's organization.
- Encourage local service providers to produce a directory of available services that are easy to find in the community.

**Support The Parenting Center by  
Attending *Art in the Square***



The Parenting Center is excited to be chosen as one of the Southlake Women's Club's 2012 *Art in the Square* beneficiaries! Ranked #8 out of the top 100 art festivals in the U.S., *Art in the Square* offers over 140 national and local unique artists, children's arts and activities, food and more! All festival proceeds benefit The Parenting Center and other local charities. For more information, go to: <http://www.artinthesquare.com/>

**Southlake Town Square  
Fri., April 27th - Sun., April 29th  
Free to the public!**