

The need for a **Nurturing Parenting Skills Program** is overwhelming. With the increase of gang activities, school dropouts, increased teenage pregnancy rates, drugs and alcohol consumption by youth and child abuse/neglect, children and parents need a place where they can receive care and informative instructions on good parenting skills to help combat these problems. The **FUN Program** in collaboration with other agencies is dedicated to assuring that parents and children receive the care and positive instruction that is so desperately needed to make a positive impact in their lives for years to come.

Cornerstone FUN Program is staffed by caring trained facilitators for all classes, child care and transportation providers, food preparation workers, Program Administrators and Program Director.

Two-parent facilitators conduct class, in conjunction with two-child facilitators providing a children group session in which children are exposed to age appropriate activities that foster new socialization skills as needed. Transportation is provided for all families who may not be able to attend because of the lack thereof. Prior to the start of each session, a hot nutritious meal is prepared and served by a trained food preparation staff. Snacks are also provided at the midway point of the class sessions. The Program Director and Program Administrator monitor the facility and classes and assist when needed to assure a safe and friendly environment. Each class session lasts for two and one-half hours.

Mission of **FUN**

To provide parental and sibling interaction with a nationally recognized parenting curriculum, designed to help parents and children recognize destructive patterns, to break these habits and replace them with positive, rewarding nurturing...



Family Relationships

Goal of **FUN**

The goal for **Families Understanding Nurturing** is...

- to prevent child abuse / neglect and risky behaviors of children from birth to adolescents
- to improve well-being among children that are at risk, through the provision of supportive family services
- to assist parents and children to identify disparaging precedents, annihilating these practices and substituting them with constructive, positive, and well-cultivated family relationships
- to reduce social behavior problems, i.e. school dropout, substance abuse, and teen pregnancies

Motto of **FUN**

"CHILDREN, OUR GREATEST GIFT"

Children are a gift from God.
How we nurture them is our gift back to HIM!

Cornerstone



Families Understanding Nurturing

" CHILDREN, OUR GREATEST GIFT"



CORNERSTONE COMMUNITY BASED PROGRAMS

1918 West 5th St. / PO Box 444
Washington NC 27889

♥♥♥♥♥

252 • 946 • 6109

cfwcfunprograms@gmail.com
www.ccbps.org

WHAT WE DO

Since 2009, **The Cornerstone Families Understanding Nurturing (FUN) Program** has provided parenting classes to serve families in Beaufort County. Two 15-Week Classes are provided each year. One in the spring and one in the fall months. **Families Understanding Nurturing (FUN) Program** is designed to provide parental and sibling interaction with a nationally recognized parenting curriculum designed to help parents and children recognize destructive nurturing patterns, break these habits and replace them with positive, rewarding nurturing family relationships.

Our classes utilize the infant/preschool, pre-adolescents and adolescents nurturing curriculum developed by Steven J. Bavolek, Ph.D., President of Family Development Resources, Inc. and Executive Director of the Family Nurturing Centers, International.

The curriculum is developed from a strong philosophical basis that supports the growth and development of parents and children as caring people who treat themselves, others and the environment with respect and dignity. This curriculum is the result of over 30 years of research on family dynamics and the conditions that produce and accompany destructive family patterns.



Cornerstone (FUN) Program is founded on the following **Morals & Values**:

- **Positive Self Worth:** A positive self-worth is critical to the ability to nurture one's self, others and the environment. Parents and children who treat themselves with respect will, in turn, treat others with respect.
- **Empathy:** Empathy forms the foundation of Nurturing Parenting. It is the ability to be aware of the needs of others and to take positive actions on the behalf of others.
- **Empowerment & Strong Will:** Children need to be empowered to make good choices and wise decisions through the use of their strong will and personal power. Developing a strong sense of personal power is a necessary element in becoming a nurturing individual.
- **Structure & Discipline:** Discipline is the practice of teaching children to be respectful, cooperative and contributing members to a family and society. Harsh and abusive language, hurting touch and punishment are views as disrespectful practices promoting rebellious and acting out behaviors. Parental practices of discipline must model the sought after behavior of the child.
- **Laughter, Humor & Play:** Humor, laughter and fun promote happiness in families, an optimistic view of life and outlet for stress reduction and the chance to make living together as a family enjoyable.

A HAPPY CHILD

IS AN EASIER
CHILD TO PARENT
THAN A CHILD WITH A
NEGATIVE, HOSTILE
ATTITUDE.



Cornerstone (FUN) Program goals center on **Five Parenting Constructs**. *These parenting constructs are a set of parental attitudes and behaviors that play a very significant role in childrearing:*

- **Appropriate Expectations:** Nurturing parents understand that a child is not just a short adult, but rather a person whose body and brain are still under construction.
- **Empathy:** The ability to recognize, understand and honor the needs, feelings individual viewpoints and preferences of others even when these are different from one's own.
- **Non-Violent Discipline:** Parents have to control or guide the behavior of children in order to protect them from dangers and to teach them the cultural norms and behaviors necessary to live as one adult among many within the group.
- **Appropriate Family Roles:** Proper family roles means that parents take care of children, not children taking care of parents.
- **Power & Independence:** When children's power and independence are oppressed, they are not allowed to challenge, to voice opinions, or to have choices, but rather are told to "do what they are told to do" without question. This demand for compliance to parental authority has many limitations.

The Nurturing Programs are recognized by the National Registry of Effective Programs and Practices (NREPP) and by the Substance Abuse and Mental Health Services (SAMHSA). The Nurturing Parenting Programs are also recognized by the Child Welfare League of America (CWLA), the Office of Juvenile Justice and Delinquency Prevention (OJJDP) and the Center for Substance Abuse Prevention (CSAP).