



## Nurtured Heart Approach®

### Free 4-Week Parenting Class Starting Soon!

#### WHY?

*This class is worth the investment in yourself and your family.*

<b>WHAT?</b>	Join us for a fun study of the Nurtured Heart Approach. Learn how NHA works, practice at home and receive support as you add tools to your tool belt to inspire great behaviors in your kids.
<b>WHEN?</b>	6:00-7:30 p.m. Tuesdays: September 26, October 3, 17 and 24.
<b>WHERE?</b>	Stoner Prairie Elementary School LMC, Fitchburg
<b>SIGN up at:</b>	<a href="https://form.jotformpro.com/72486817434970">https://form.jotformpro.com/72486817434970</a>
<b>BOOKS</b>	An optional resource: <i>Transforming the Difficult Child Workbook</i> will be available for \$15. You can also find it on Amazon. com. Financial assistance is available.

The Nurtured Heart Approach is a relationship model for inspiring kids to great behaviors. A fundamental error of conventional ways of parenting and school discipline methods is that children get so much *more* – more relationship and more connection with adults – when things are going wrong. Through NHA, we learn what actions we’re taking that might actually encourage challenging behavior and how to make simple shifts that change everything.

In a fun, easy to remember way, this course will help you to:

- *Gain a deeper understanding about ‘intense’ behavior in children.*
- *Improve behavior in even the most challenging children!*
- *Learn powerful strategies on how to see what is great about your children and change the way they see themselves.*
- *Learn how to become more proactive and feel more in control.*
- *Gain the opportunity to meet others in similar situations and share your experiences with introducing the Approach in your home.*

#### Trainers:

Gail Anderson, PhD, received a doctorate from the UW-Madison and has worked as a school psychologist for over 20 years in the Madison area. Gail is currently working at Stoner Prairie as a school psychologist.

Paula Wick, PhD, taught elementary school for 33 years (27 in VASD). She recently retired intent on continuing to promote positive practices including NHA. She earned her doctorate from UW-Madison in Educational Leadership.

Gail and Paula are both Advanced Trainers for the Nurtured Heart Approach and are excellent motivators, encouragers and teachers. They are passionate about building inner wealth and empowering parents and educators to help children find success.