

# Nurturing Parenting Group

Parenting is a learned skill. The goal of the Nurturing Parenting Group is positive parenting, and to teach parents nurturing skills through education and parent-child activities. A therapeutic, educational children's group for the children of the participants is held at the same time.



## Information about the Nurturing Parenting Group:

- The program is free.
- A light meal and transportation are provided.
- Parents (or guardians) and children attend the group program.
- It is held at the Yale-New Haven Hospital Lead Center, 132 Davenport Avenue.
- The group meets once a week for 24 weeks from 5:30-8 p.m.
- A social worker and trained volunteers work with the parents and children.

## Who is eligible?

- Parents or guardians who have at least one child between the ages of 0-5
- Parents and children who live in the Greater New Haven area (YNHH patient families receive first priority).

## Parents can learn:

- About healthy physical and emotional development for both parents and children
- How to provide an emotionally supportive and nurturing parent-child relationship
- How to develop self-esteem for themselves and help their child/children develop self-esteem
- How to develop empathy for others
- Understanding of children's developmental needs and age-appropriate expectations
- How to build positive, healthy interactions between family members
- How to increase communication among family members
- Discipline alternatives, and how to replace hurtful behaviors with nurturing behaviors
- How to benefit from the peer support that develops among group members

The Nurturing Parenting Group is a voluntary program and services are offered free of charge.

Nurturing Parenting Group is supported by:

Yale-New Haven Children's Hospital, Yale-New Haven Hospital Department of Social Work,  
Yale Department of Pediatrics, The Children's Trust Fund



Contact Department of Social Work  
Phone: (203) 688-2195