

Building Parenting Skills



The Nurturing Families Program is a 7 week virtual program that is designed to provide families with young children (ages birth to 5) with the skills needed to make healthy parenting decisions. Parents receive support from a trained health educator as well as incentives for completing milestones in the course, such as a safety kit, toys and books, and \$50 in grocery gift cards.

The program focuses on:

- Improving stress management skills
- Identifying resources to develop a support system
- Enhancing child development and parenting skills
- Expanding knowledge and confidence to ask for help when needed
- Developing social and emotional skills
- Promoting healthy parent-child relationships

Due to a partnership with the Ohio Children's Trust Fund, the program is free and open to residents in Columbiana, Lorain, Medina, Mahoning, Portage, Stark, Summit and Trumbull Counties.



Scan the QR code for more information or contact us at **330-543-0736** or **nurturingfamilies** @**akronchildrens.org** to sign up.



Ohio Children's Trust Fund
Ohio's Prevent Child Abuse America Chapter



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