

**2026**

# **CURRICULUM DIRECTORY**



ALABAMA DEPARTMENT OF  
Child Abuse & Neglect Prevention  
**Children's Trust Fund of Alabama**

# Curriculum Directory

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The Alabama Department of Child Abuse and Neglect Prevention (ADCANP), The Children's Trust Fund, works to provide the most up-to-date information on evidence-informed/based curricula available to those seeking information on child maltreatment prevention programs. The Curriculum Directory should be used as a guide and starting point for your research. It is not an exhaustive list, and ADCANP does not actively endorse any of the listed curricula.

Our Department encourages any agency that is considering the use of a specific program or curriculum to investigate curriculum materials, requirements, costs, and outcomes to ensure fidelity of curriculum content and appropriateness to the target population for your community. More information on selecting evidence-based programs is available on the FRIENDS website [here](#).

The Curriculum Directory is divided into five categories- Parent Education and Support, Home Visiting, School-based/Afterschool, Mentoring, and Fatherhood. Note: These curricula have been used with that population.

ADCANP will update the Curriculum Directory periodically. If you have any questions or updates, please contact the ADCANP Office at (334)-262-2951.

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# Parent Education and Support

## Baby TALK

### Target Audience

Parents

### Curriculum Summary

Baby TALK educates parents to anticipate the stages of child development through age appropriate newsletters.

- Curriculum is flexible allowing for phasing in additional components.
- All socioeconomic levels are reachable with this program. Baby TALK provides a curriculum together with training to implement the program. This national program was developed out of research conducted at Harvard University's Child Development Center with Dr. T. Berry Brazelton. It was developed over a period of years and in many different sites. The curriculum is evaluated and revised by professionals as experience dictates. The curriculum/newsletters are made available for specific age appropriate milestones. The curriculum is specifically designed for parents of newborns through age three.

### Training Information

Baby TALK is a proven model to build a trustworthy system in your community with families as you provide support. As a certified Baby TALK Professional, you will gain the necessary skills and tools to engage families through a relationship and research-based curriculum.

Training prepares you to deliver programming in your community with a range of intensity of services from universal support to targeted home visiting for vulnerable families.

Trainings take place in Decatur, IL, Chicago, IL and Alabama. Baby TALK will bring Certification Training to your region, state or area for trainings of 15 participants or more. Non-Illinois programs, please contact the Baby TALK Learning Institute for Training prices.

### Website and Contact

<http://www.babytalk.org> | (217)-475-2234 | contact@babytalk.org | 500 E Lake Shore Dr, Decatur, IL 62521

## Conscious Discipline: School to Heart to Home

### Target Audience

Parents of students in grades Prek-8th grade and parents of children ages 0-3

### Curriculum Summary

Conscious Discipline provides evidence-based, systematic change in the way adults and children perceive behavior. The curriculum meets families where they are, empowering all families to experience increased success. The Conscious Discipline Parent Education Curriculum systematically teaches a perceptual shift that allows adults to interpret the need behind children's behavior more accurately. It then provides foundational skills so adults can problem solve and implement effective solutions.

### Training Information

Conscious Discipline Manual, Premium Parent Education Package, Conscious Discipline e-course

### Website and Contact

[www.consciousdiscipline.com](http://www.consciousdiscipline.com) | (407)-366-0233 | 648 Trestle Pt., Sanford, FL 32771  
Dr. Becky Bailey, author

## Nurturing Parenting

### Target Audience

Adults - Parents

### Curriculum Summary

The Nurturing Parenting Programs are a family-centered trauma-informed initiative designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting and child-rearing practices. Since 1983, our evidence-based Nurturing philosophy has helped families from all over the world and in all branches of the military improve their parenting skills. The long-term goals are to prevent recidivism in families receiving social services, lower the rate of multi-parent teenage pregnancies, reduce the rate of juvenile delinquency and alcohol abuse, and stop the intergenerational cycle of child abuse by teaching positive parenting behaviors.

### Training Information

Training is necessary to ensure proper understanding and implementation of the Nurturing Programs. The success of the programs depends on competent, qualified professionals understanding the implementation, goals and philosophy of the program. Trainings are posted on the website. Agencies can also host trainings through their agency by contacting the Family Nurturing Center : [FNC@NurturingParenting.com](mailto:FNC@NurturingParenting.com).

### Website and Contact

<https://www.nurturingparenting.com/> | FDR@NurturingParenting.com | (800)-688-5822

## Darkness to Light's Stewards of Children Training

### Target Audience

All adults, but especially those who work or volunteer with children and/or youth in any setting, including childcare, schools, churches, recreation, sports, and many other youth serving organizations, as well as parents and other adult relatives of children and youth, and any adults who care about the safety of children and youth

### Curriculum Summary

Evidence-based; Aligned with the National Head Start Standards.

Darkness to Light is a national nonprofit organization that seeks to empower adults to prevent child sexual abuse. Their programs raise awareness and educate adults how to prevent, recognize, and react responsibly to child sexual abuse.

Stewards of Children Training is an evidence-informed curriculum that teaches adults the information and skills needed to prevent child sexual abuse. As a result of the 2-hour training, adults learn to identify risky situations for child sexual abuse, skills to prevent child sexual abuse, signs that it is occurring and how to react responsibly (including reporting) if child sexual abuse is suspected, disclosed or discovered.

Stewards of Children Training features documentary-style film, hosted teaching of specific skills, and a workbook. The workbook cost is \$10 per individual workbook and can be ordered in larger quantities at reduced rates.

An Authorized Facilitator leads each training session using the training film, workbook and group discussion about key points. It has been independently evaluated and shown to be effective at increasing adult knowledge and changing child protective behaviors of adults.

### Training Information

To provide Stewards of Children training, the presenter must attend a one-day Facilitator Workshop provided by Darkness to Light, thereby becoming an Authorized Facilitator. Cost of the Facilitator Workshop is \$450 per person, payable to Darkness to Light. The National Children's Advocacy Center, through an agreement with Darkness to Light, offers Facilitator Workshops several times per year in Huntsville.

### Website and Contact

[www.d2l.org](http://www.d2l.org) | (843)-965-5444 | 3022 S Morgans Point Road #118, Mt Pleasant, SC 29466-7189

## Devereux Institute's: Your Journey Together

### Target Audience

YJT is designed for families with young children – infants, toddlers, preschoolers – many of the concepts apply to families with children of all ages.

### Curriculum Summary

Your Journey Together (YJT) is a strength-based curriculum designed to promote the social and emotional well-being and resilience of vulnerable children and their families. The YJT curriculum focuses on empowering parents to promote safe, trusting and healing environments – all key elements of a trauma- sensitive program. While YJT is designed for families with young children– infants, toddlers, preschoolers – many of the concepts apply to families with children of all ages.

The goal of YJT is to provide parents and guardians with the knowledge and skills that promote resilience and help family members better cope with life's challenges and reach their full potential. Your Journey Together shows parents how to use ordinary, everyday routines, activities and interactions as resilience- building opportunities.

#### Trauma Sensitive

Your Journey Together is designed to be delivered with sensitivity to the prevalence of trauma in the lives of vulnerable children and families. The YJT curriculum was developed to reflect the six key principles of a trauma-informed approach promulgated by the Substance Abuse and Mental Health Services Administration(2014): safety; trustworthiness; peer support; collaboration; empowerment, and cultural, historical and gender issues. See this alignment tool for more information on how these principles are incorporated into the YJT curriculum.

### Training Information

See Devereux Institute's: Your Journey Together website for training information

### Website and Contact

<https://centerforresilientchildren.org/your-journey-together/> | 1-866-872-4687 | 444 Devereux Drive, Villanova, PA 19085

## Parents As Teachers, Foundational Curriculum

### Target Audience

Parents of Children ages birth through age 3

### Curriculum Summary

Foundational curriculum is designed to equip parent educators with information to identify and build on family strengths, capabilities, and skills and to foster family protective factors. It features family-friendly activities and resources that engage parents in their children's learning and development and inform their decisions around everything from nutrition to discipline to health. All the materials for parents are available in English and Spanish.

Through parent educator resources, parent handouts, and activity pages, the curriculum promotes and strengthens the following content are:

- Child Development
- Parenting Behaviors
- Parent-Child Interaction
- Development-Centered Parenting
- Family Well-Being

The Foundational Curriculum supports expected outcomes in both Parents as Teachers model affiliate programs and in other settings. It does this by: Helping parents understand what comes next in the progression of development so they can provide support for all four developmental domains (language, cognitive, social-emotional, and motor) as well as their child's approaches to learning.

### Training Information

Foundational Curriculum is a three-day training for parent educators and other family support professionals. Participants will be trained to effectively work with families to partner, facilitate, and reflect. Both the training and curriculum cover children's growth and development from before birth through age three.

Highlights of the Foundational Training:

- Emphasis on the Parents as Teachers approach to working with families.
- Building relationship-based competencies for providing personal visits.
- Strengthening protective factors to improve parenting behaviors and maximize child outcomes.

### Website and Contact

<https://parentsastateachers.org/foundational-training-curriculum> For more information about traveling to the Parents as Teachers National Center office, please call (314) 432-4330 or email [customerservice@parentsastateachers.org](mailto:customerservice@parentsastateachers.org)

## Parent Project—Loving Solutions

### Target Audience

Parents with children 5 to 10 years of age

### Curriculum Summary

Loving Solutions is a parent-training program designed specifically for parents raising difficult younger children, ages 5-10 years. Also known as "Parent Project®, Jr.," this program utilizes the same principles found successful in Parent Project® Sr., adapted to the needs of younger children. Loving Solutions also addresses the needs of children with Attention Deficit Disorder.

### Training Information

Our 40-hour Parent Project® Facilitator Training course provides the most comprehensive and effective instruction on high-risk youth; on-site or in Southern California

### Website and Contact

<https://parentproject.com/facilitator-training/> | (800)-372-8886

## Parent Project—Senior

### Target Audience

Parents of adolescents

### Curriculum Summary

"Changing Destructive Adolescent Behavior" is an award-winning intervention model addressing the most destructive of adolescent behaviors. We know of no other program that addresses it all: truancy, drugs, runaways, media, early teen sex, violence, gangs . . . Parent Project Senior promises concrete answers for every parent question asked.

### Training Information

Our 40-hour Parent Project® Facilitator Training course provides the most comprehensive and effective instruction on high-risk youth available\today.

Participants learn proven strategies that change lives and discover how to develop a collaborative implementation plan designed to meet the specific needs of high-risk families in their community.

### Website and Contact

<https://parentproject.com/> | (800)-372-8886

## Parenting Now

### Target Audience

Adults of children ages 0-6

### Curriculum Summary

The Parenting Now!® curriculum is derived from our nationally recognized, evidence-based curriculum Make Parenting A Pleasure®. The Parenting Now! curriculum is customized for the general population of parents with children ages 0-6, with more emphasis on child development and parenting skills such as emotion coaching and parental values.

Simplified to seven sessions, Parenting Now! is ideal for use in health care systems, community colleges and other organizations that wish to offer in-depth parenting education to the universal population of parents of young children.

Parenting Now! is research-based and evidence-informed. Provided through seven sessions, Parenting Now! targets key parenting concepts: parental values, stress management and realistic expectations, preventative discipline tools, communication, discipline, effective responses to challenging behaviors, and understanding children's feelings.

### Training Information

Currently, a two-day training in Eugene, OR; Each training accommodates up to 20 participants. We can also facilitate training at your site. For more information, please call 866-310-4601.

### Website and Contact

<https://parentingnow.org/> | (541)-484-5316 | 86 Centennial Loop, Eugene, OR 97401 USA

## Tuning in to Kids

### Target Audience

Parents

### Curriculum Summary

Developed by Dr Sophie Havighurst and Ann Harley in Melbourne, Australia, and has been evaluated in multiple randomized controlled trials that have shown the program leads to positive outcomes including improving parenting, parent-child relationships and children's emotional competence and behavior. The program has been particularly effective with children with clinical-level emotional and behavioral difficulties.

### Training Information

The Tuning In to Kids™: Emotionally Intelligent Parenting Program Manual is available to trained Tuning in to Kids facilitators only. To purchase please contact Mindful – Centre for Training and Research in Developmental Health on +61 (0)3 9371 0214 or email [tik-info@unimelb.edu.au](mailto:tik-info@unimelb.edu.au) {Please note: the Program Manual includes a copy of the Emotion Coaching USB} All content © Copyright 2020 by Tuning In To Kids.

### Website and Contact

Tuning In to Kids, Mindful, University of Melbourne  
[www.tuningintokids.org.au](http://www.tuningintokids.org.au) | sshavi@unimelb.edu.au

## Parenting Now/ used with Small Wonders Program

### Target Audience

Parents of children with disabilities

### Curriculum Summary

Parenting Now! developed by SAAVSUS is research-based and derived from the nationally recognized, evidence-based curriculum Make Parenting A Pleasure®. The Parenting Now! curriculum is customized for parents with children ages 0-6, with added emphasis on child development and parenting skills such as emotion coaching and parental values.

Provided through seven sessions, Parenting Now! targets key parenting concepts: parental values, stress management and realistic expectations, preventative discipline tools, communication, discipline, effective responses to challenging behaviors, and understanding children's feelings. Parenting Now! is designed by parenting educators for parenting educators. The curriculum's facilitated approach to parent education helps parents achieve their goals for their families and respects the diversity of those goals.

The Small Wonders Program also utilizes the Parent Stress Index, PSI, which is a researched, standardized measurement and assessment instrument. The PSI assesses the total stress index for a parent while identifying specific areas of individualized stress triggers. Stress that is derived from the parent's interaction with their child with disabilities and stress that is likely to result from the child's behavioral characteristics are identified to assist the Small Wonders Home Visitor and the parent(s) in pinpointing individualized areas of need. PSI results allow for greater focus on specific topics in the Parenting Now! curriculum, providing an individualized approach for each family.

### Training Information

Parenting Now! offers exceptional training and is designed for parenting education professionals. Although training is not required, it enhances the experience of using the curriculum.

### Website and Contact

[www.parentingnow.org](http://www.parentingnow.org) | 1-(866)-310-4601

[www.parinc.com](http://www.parinc.com) | 1-(800)-331-8378 – this is for the PSI form

## **Partnering with Teens (Parents as Teachers)**

### **Target Audience**

#### **Teen Parents**

This dynamic training and a versatile curriculum of the same name offer constructive insights into teen parents, their children, and the unique life circumstances they all face.

The 1,100-page curriculum includes professional resources, parent handouts, and activity pages specifically geared for adolescents and young adults. Consider using it if you are a:

- Parents as Teachers parent educator
- School counselor
- Family and consumer science professional
- Nurse
- Family support professional working in a teen -focused program

Topics focus on:

- Development of life skills such as self-care and resourcing as adolescents approach adulthood.
- Mindfulness techniques for focusing attention during parent -child interaction.
- Parallel developmental needs of teens and their infants/ young children.
- The important role of the father, whether he is in a relationship with the child's mother.

### **Curriculum Summary**

This two-day training is for professionals who work with adolescent parents and offers constructive insights into teen parents, their children, and the issues they all face. The training price includes curriculum titled, Partnering With Teen Parents and the Toolkit.

This training covers the developmental characteristics unique to adolescents including adolescent brain development. It explores the mutual influences and potential impacts of the parallel developmental needs of adolescents and young children. Participants will learn practical parenting principles that contribute to healthy lifestyles for teen parents and their children. Participants will learn techniques to enhance teen parents' feelings of confidence and competence and strategies to equip the adolescent's ongoing transition into adulthood while parenting. You will also explore strategies to facilitate father involvement.

#### **LEARNING OUTCOMES**

- Builds understanding the PAT Approach and the parallel process.
- Develop a basic Level of competency in navigation and utilization of the PAT PWTP Curriculum.
- Develop understanding of how Child Development and Parenting Behaviors drive issues.

### **Training Information**

### **Website and Contact**

<https://parentsastateachers.org/partnering-with-teen-parents> | (314)-432-4330, x1256

## Raising Special Kids

### Target Audience

Parents of children with disabilities birth to age 26

### Curriculum Summary

Raising Special Kids began in 1979 as a grass-roots effort of families, professionals, and community leaders determined to provide support and information for parents of children with disabilities and special healthcare needs.

### Training Information

#### Families

Workshops are available for families to aid in acquiring skills and information beneficial to parenting children with disabilities or special health care needs. We work hard to provide our workshops to families at no cost.

#### Professionals

Programs for resident physicians in pediatrics and family practice relay information about parents' perspective on issues relating to medical services. Parent Panels and staff-led workshops are available to students in education, medical, oral health and social service fields.

### Website and Contact

<https://raisingspecialkids.org/> | (800)-237-3007 | 5025 E. Washington St., Ste. 204 Phoenix, AZ 85034

## Smart Steps

### Target Audience

Adults and children ages six (6) weeks to kindergarten (stepfamilies)

### Curriculum Summary

The program uses informational presentations, group discussions, and a multi-media approach to teach strategies for building healthy relationships and stable stepfamilies. Smart Steps for Families addresses these topics:

- Stepfamily myths
- Realistic expectations for adults and children
- Stages of Stepfamily development
- Legal issues
- Finances
- Defining roles and rules
- Developing empathy
- Understanding child development
- Stepparent-step child relationships
- Communication with your child's other parents
- Building respectful and caring relationships

### Training Information

Online training: Understanding Stepfamilies (see website for additional information)

### Website and Contact

<https://www.stepfamilies.info/>

Francesca Adler-Baeder, Ph.D. National Stepfamily Resource Center Auburn University adlerfr@auburn.edu

## System Training for Effective Parenting (STEP)

### Target Audience

Parents

### Curriculum Summary

The STEP approach to parenting is based on the belief that every child and every parent has equal human worth and dignity. All are entitled to mutual respect. The system of discipline taught in STEP stresses this type of relationship. The authors believe that parents should provide opportunities for children to make decisions, within limits, allowing children to be responsible for their decisions.

Other skills that are taught:

- identifying the four goals of misbehavior
- understanding beliefs and feelings
- encouraging your child and yourself
- reflective listening and I messages
- helping children cooperate
- discipline that makes sense

### Training Information

Attendees of the workshop receive:

- a full workshop manual with workshop-specific handouts
- a STEP kit of your choice
- four (4) STEP participant books(STEP, STEP/Teen, Early Childhood STEP, and STEP Spanish)

Additional Benefits:

- Dynamic, experienced, and helpful leaders will lead your workshop.
- See a demonstration of how to start a STEP group.
- Learn what NOT to allow in the first group session.
- Learn the differences between praise and encouragement.
- Learn how to teach the first session when parents don't have the books.
- Learn how to use the video effectively.
- Learn the "Learning Cycle" -- get the key ingredients to successful changes in parent beliefs and behaviors.
- Learn how to use STEP in therapy, counseling, couples counseling.
- Learn how to use STEP one on one with a single parent.

### Website and Contact

<https://www.steppublishers.com/> | 800-720-1286 | 21 Commerce Parkway, Suite 104 Fredericksburg, VA 22406

## Active Parenting

### Target Audience

Parents of children Birth-12, parents of teens

### Curriculum Summary

Being a “successful parent” means more than providing food, clothing, and shelter. It requires taking an active role in a child’s growth and development, and an active approach to parenting.

Our mission at Active Parenting Publishers (APP) is to support and prepare families through “every stage, every step” of their child’s development. We are also here to support and prepare parent educators “every stage, every step” in their efforts to provide the best programs possible to the families they serve.

### Training Information

Live webinar leader training workshops, Self-study online at your own pace, Live, in-person leader training workshops

### Website and Contact

<https://activeparenting.com/>  
Training Manager at 800-825-0060 x3 for more information about certification.

## HealthySteps (Zero to Three)

### Target Audience

Parents of children Birth-3

### Curriculum Summary

The science on early brain and biological development tell us that the early years are important to all of us – the capacities and skills developed during this critical period become the basis of a prosperous society. The HealthySteps model is based on the most recent scientific understandings and helps to ensure individual, family, community, and societal well-being.

### Training Information

As soon as we complete affiliate agreements, the National Office works with your team to begin implementation planning. In collaboration with your HealthySteps Trainer and TA Specialist, your team will draft an initial implementation plan. Together, we’ll plan for how your site will deliver HealthySteps services with fidelity and assess your progress along the way.

### Website and Contact

<https://www.healthysteps.org/get-started/become-a-healthysteps-site/implementation-process/>

# Circle of Security Parenting

## Target Audience

### Parents

## Curriculum Summary

At Circle of Security International, we focus on training providers with many different backgrounds and from many different disciplines to help caregivers connect with the children in their lives. The Circle of Security figure is a central visual used as part of interventions for caregivers, all of which are focused on helping caregivers reflect upon children's attachment needs in order to promote secure attachment with a child.

Here are some founding principles that underlie the Circle of Security models of intervention:

1. Attachment problems in infancy and early childhood increase the probability of psychopathology later on in life.
2. Secure attachment relationships with caregivers are a protective factor for infants and preschoolers, setting the foundation for social competence and promoting effective functioning of the emotion regulation and stress response systems.
3. The quality of the attachment relationship is amenable to change.
4. Learning, including therapeutic change, occurs from within a secure base relationship.
5. Lasting change in the attachment relationship comes from caregivers' developing specific relationship capacities rather than learning techniques to manage behavior.
6. All caregivers want what is best for their children.

## Training Information

The Circle of Security Parenting Facilitator training is now available in four formats. Each of these formats share learning objectives and, when completed, each training leads to endorsement as a COSP Facilitator.

In person, 1-Week, 2-Week, Norwegian

## Website and Contact

<https://www.circleofsecurityinternational.com/cosp-facilitator-training/> | 1403 S Grand Blvd, Suite 204S Spokane, WA 99203

## Triple P Positive Parenting Program

### Target Audience

- Triple P is delivered to parents of children up to 12 years' old
- Teen Triple P is delivered to parents of 12 to 16 year old
- Triple P for Baby helps you prepare for and adjust to parenting a newborn or infant

### Curriculum Summary

Triple P gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behavior and prevent problems developing. Triple P is used in more than 30 countries and has been shown to work across cultures, socio-economic groups and in many different kinds of family structures.

Triple P fits the needs of every family, whether they are struggling with temper tantrums or sleeping patterns, parents in conflict with their child or with each other, or have children with additional needs, including those struggling with their mental health.

Triple P programs draw on social learning, cognitive behavioral and developmental theory, in addition to research into risk factors associated with the development of social and behavioral problems in children. We equip parents with the skills and confidence they need to be able to manage any family issue.

While Triple P is almost universally successful in improving behavioral problems, more than half of Triple P's 17 parenting strategies focus on developing positive relationships, attitudes and conduct.

### Training Information

If you're an individual practitioner, or an organization with only a few practitioners to train, find out how here. And check out the open enrollment calendar for upcoming training dates

### Website and Contact

<https://www.triplep.net/glo-en/home/>

## Prevent Child Abuse Vermont: Adult Responsibility Project

### Target Audience

Parents, grandparents, foster parents, and community members

### Curriculum Summary

PCAVT's programs are conducted in collaboration with other local and statewide organizations including: schools, childcare centers, parent/child centers, Community Action, the Vermont Department of Health district offices, maternity units of local hospitals, district offices of the Vermont Department for Children and Families, Vermont Department of Corrections facilities, domestic violence shelters, substance abuse treatment and recovery centers, communities of faith and businesses. Currently, PCAVT has over 250 collaborating partners statewide. PCAVT's programs are unique in that they are skills based and teach adults about how to nurture healthy development in children, and emphasize adult responsibility for keeping children safe.

### Training Information

The Adult Responsibility Project is recognized as a promising strategy for international communities to decrease child sexual abuse by The Eradicating Child Sexual Abuse Project.

Training topics include:

- Nurturing Healthy Sexual Development
- Overcoming Barriers to Protecting Children from Sexual Abuse
- TECHNICOOL: Keeping Kids Safe on the Internet
- Everything Everyone Needs to Know to Prevent Child Sexual Abuse
- Brain Development and Learning Consent During Childhood
- Nurturing and Safe Environments for Children with Disabilities
- CARING Adults (Child Anti-trafficking Resources, Instruction, and Norms Growth)
- Keeping Adolescent Youth Safe on the Internet
- Understanding and Responding to the Sexual Behaviors of Adolescents
- Understanding and Responding to the Sexual Behaviors of Children

### Website and Contact

<https://www.pcavt.org/upcoming-adult-responsibility-project-trainings> |  
(802)-229-5724 | PO Box 829, Montpelier VT 05601

# Home Visiting

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## **Home Instruction for Parents of Preschool Youngsters (HIPPY)**

### Target Audience

Kindergarten and First Grade parents

### Curriculum Summary

Our Proven Model delivers 30 weeks of lessons to parents at home who in turn teach their two to five-year-old child for 20 minutes each day. The HIPPY activities include reading, math, science, motor, and language skills in which cognitive, creative, social, and emotional development is addressed. The program is combined with group meetings where other HIPPY families can engage, support, and share experiences. These gatherings are key to the child's success and encourage the family to stay committed to HIPPY.

A unique aspect of HIPPY is its scripted curriculum, highlighted below, is used to teach parents through a peer-to-peer approach, using role-play and interactive activities.

### Training Information

HIPPY is pleased to support a wealth of webinars and important updates dedicated to the academic attainment and success of children in their formative years and above that engages educators, NGOs service providers, funders, government, parents and those working in community development. Please note that some webinars are recording and may charge a fee, have unique ways of connecting and seating may be limited.

This system offers specialized job training for our home visitors and fosters leadership development and career advancement opportunities for our staff and our parents.

### Website and Contact

<https://hippy-international.org/> | (501)-537-7726 | [Info@hippyusa.org](mailto:Info@hippyusa.org)

# Healthy Families America

## Target Audience

Adults/Families

## Curriculum Summary

HFA is designed for parents facing life stresses such as single parenthood, low income, childhood history of abuse and other adverse child experiences, and current or previous issues related to substance abuse, mental health issues, and/or domestic violence. Families are typically enrolled prenatally or within three months of birth, and for HFA sites approved to use the model's child welfare protocols, up to age twenty-four months. Once enrolled, services are offered to families for a minimum of three years. To learn more about HFA, please visit [healthyfamiliesamerica.org](http://healthyfamiliesamerica.org).

## Training Information

Core training requirements for direct service staff:

Our comprehensive accreditation and training program is designed to ensure affiliates implement the HFA model to fidelity, guaranteeing that families receive quality care. Accessing in-person training from our certified trainers and Healthy Families America (HFA) national office staff is one of the great benefits of being an affiliate.

All Staff must receive thorough orientation, as well as what we call core training. There are two core trainings:

- Foundations for Family Support (FFS)
- Parent Survey for Community Outreach (PSCO)

FFS is required for family support specialists (those who conduct home visits). PSCO is required for family resource specialists (those who conduct the initial assessment/parent surveys) with families.

These are four-day in-person trainings and can only be administered by HFA certified trainers. Direct service staff must receive these trainings within six months of hire.

Core training requirements for supervisors and program managers:

All supervisors and program managers need BOTH Parent Survey for Community Outreach (PSCO) and Foundations for Family Support (FFS) core trainings.

Additionally:

· Supervisors and program managers must stay for one extra day of core training (following both PSCO and FFS). This is referred to as "fifth day" training, as it typically occurs on the Friday after trainees have spent Monday–Thursday in core training. Supervisors need to obtain this training within 6 months after being hired. Program managers need this training within the first 18 months of employment. Program managers must also attend Implementation Training (within their first 18 months of being on the job).

## Website and Contact

[healthyfamiliesamerica.org](http://healthyfamiliesamerica.org) | (312)-663-3520 | [hfamail@preventchildabuse.org](mailto:hfamail@preventchildabuse.org)  
HealthyFamilies America, PreventChild Abuse America, 228 S. Wabash, 10th Floor  
Chicago, IL 60604

## Growing Great Kids

Target Audience	Parents of children prenatal-36 months
Curriculum Summary	<p>Growing Great Kids® Next Generation Prenatal-36 months(P-36) is a skill-driven Curriculum for Home Visitors and their Supervisors.</p> <p>The P-36 Curriculum Series includes comprehensive parenting, attachment, health/wellness, child development, and family strengthening curriculum. The primary focus of the curriculum is on fostering the growth of secure attachment relationships and developmentally enriched, empathic parenting that supports families to reduce their stress and build protective buffers for their children.</p>
Training Information	<p>This self-study certification is an engaging, productive, and fun learning experience via our online learning platform, the Great Kids Academy. <b>Staff are required to be certified in GGK before using the curriculum with families.</b></p> <p>The GGK Next Generation P-36 Tier I Self-Study certification consists of approximately 34 hours of learning content that is suggested to be completed over one or two weeks.</p> <p>It is best practice to avoid scheduling unnecessary meetings and blocking time to complete the training. Participants must complete each portion of the self-study to receive a certificate noting they completed 34 hours of learning content.</p>
Website and Contact	<p><a href="https://www.greatkidsinc.org/evidence-based-and-training-curriculum/p-36-curriculum-series/">https://www.greatkidsinc.org/evidence-based-and-training-curriculum/p-36-curriculum-series/</a></p>

## Nurturing Program for Parents

Target Audience	Parents of Children ages birth through Five years
Curriculum Summary	<p>The Nurturing Program for Parents and their Infants, Toddlers &amp; Preschoolers is appropriate for Healthy Families program criteria and the target population. It provides parents and children with a structure in which to learn non-abusive ways of relating to others; breaking the cycle of child abuse and violence; and a nurturing style of parenting. Family Support Workers include discussion of parenting curriculum information in home visits. For parents who have reading or intellectual impairments, Family Support Workers can utilize the Easy Read Handbook of the Nurturing Program.</p>
Training Information	<p>The Nurturing Program offers training on the use of their curriculum. The curriculum materials are easy to use, and grantees currently train new staff to use them in home visits.</p>
Website and Contact	<p><a href="http://www.nurturingprogram.com">www.nurturingprogram.com</a>   (800)-688-5822   Family Development Resources, Inc. PO Box 982350, Park City, Utah 84098-2350</p>

# School-Based/Afterschool

## Child Lures Prevention Think First and Stay Safe

### Target Audience

For students from Kindergarten through Sixth grades. Area of Prevention Youth Targeted Education

### Curriculum Summary

The research-based Child Lures Prevention School Program teaches students vital life skills to keep them safe from sexual abuse, date rape, abduction, Internet crime, drugs and school violence. Its non-threatening, empowering approach has been enthusiastically embraced by educators, psychologists, parents, and students alike in over 2000 school systems nationwide. A Think First & Stay Safe Parent Guide is sent home with each student to help Moms, Dads, and other caregivers reinforce the Program's vital prevention strategies at home.

This program covers Erin's Law topics of what child sexual abuse is, who are trusted adults, how to report sexual abuse and all secrets can be told. The program is taught in up to four 30-minute sessions.

For Middle School and High School students we use Safe Dates curriculum. This program covers peer-to-peer sexual violence, trusted adults, how to report sexual abuse, and bystander intervention. Safe Dates is taught in up to four 1-hour sessions.

### Training Information

None specified

### Website and Contact

<https://childluresprevention.com/> | P: 1-800-552-2197 | F: 1-802-985-8418 | 5166 Shelburne Road, Shelburne, VT 05482

## Life Skills Training

### Target Audience

Grades 6-9

This program is aligned to the National Health Education standards and to CASEL's social and emotional learning competencies.

#### Program Learning Objectives:

- Personal Self-Management Skills – Students develop skills that help them enhance self-esteem, develop problem-solving abilities, reduce stress and anxiety, and manage anger for better mental health.
- General Social Skills – Students gain skills to meet personal challenges such as overcoming shyness, communicating clearly, building relationships, and avoiding violence.
- Drug Resistance Skills – Students build effective defenses against pressures to use tobacco, alcohol, and other drugs.

#### Program Structure: Grades 6 -9

- The program is designed to be taught in sequence over three years in middle school or junior high. The curriculum is intended to be taught sequentially to build on skills learned in the previous levels. Any students taking the program for the first time should receive level 1, followed by booster sessions(levels 2 and 3).

Life Skills Provider Training Workshops prepare teachers, school counselors, prevention specialists, police officers, community youth educators, and other program providers to effectively implement the state-of-the-art prevention education activities and teaching strategies found in the LST program.

Each workshop plays an important role in enhancing the confidence and skill capacity of participants, resulting in optimal implementation of the LST program. While training is not required, it is highly recommended in order to achieve optimal program results. Training increases the effectiveness of the program and assists providers to develop implementation strategies for the programs comfort and fit in individual sites.

### Training Information

These customizable training services are available through National Health Promotion Associates, Inc. (NHPA), a health consulting, research, and development firm founded by Dr. Botvin, the developer of the Botvin Life Skills Training (LST) program.

#### Training Objectives:

Life Skills Provider Training workshops are designed to:

- Review the background theory, research and rationale behind the LST program.
- Familiarize participants with the Life Skills curriculum.
- Teach participants the skills needed to successfully conduct the LST program.
- Discuss practical implementation issues.
- Provide an opportunity to practice teaching selected portions of the Life Skills curriculum.

### Website and Contact

<https://www.lifeskillstraining.com/> | [lstinfo@nhpamail.com](mailto:lstinfo@nhpamail.com) | International Junior Master Gardener Program, 225 Horticulture/Forestry Bldg, Texas A&M AgriLife Extension, College Station, TX 77843-2134 | (800)-293-4969

## Play It Safe

### Target Audience

Pre-K through high school

### Curriculum Summary

Play it Safe!® is a child abuse awareness and prevention program that incorporates age-appropriate scripts and movies to teach children how to reduce their risk of sexual and physical abuse, and sexual assault. It teaches them to recognize potentially abusive behavior, provides the tools to respond to threatening situations, and encourages them to report abuse to a trusted adult.

Play it Safe!® is an evidence-informed, age-appropriate risk reduction program for Pre -K through high school age students. Since 1983, more than 1.5 million children in north Texas have learned about personal safety from The Women's Center's Play it Safe!® program.

Each grade level's interactive curriculum speaks to children in a way that they can best learn and respond.

### Training Information

None provided; contact publisher

### Website and Contact

<https://www.womenscentertc.org/programs/violence-prevention-education/> |  
info@PlayitSafe.org | 1-888-984-2294 | The Women's Center of Tarrant County,  
1723 Hemphill Fort Worth, TX 76110

## Child Safety Matters

### Target Audience

Grades K-5

### Curriculum Summary

MBF Child Safety Matters® is a comprehensive, evidence-based curriculum for elementary school students in grades K-5. The program educates and empowers children and all relevant adults with information and strategies to prevent, recognize, and respond appropriately to bullying, cyberbullying, all types of abuse, and digital abuse dangers.

The program was developed WITH schools, not FOR schools, to make the best use of existing resources and ensure schools have effective programs that are easy to implement. It is presented in two comprehensive lessons ranging from 35-55 minutes (or in four shorter lessons) by trained facilitators in classrooms. Facilitators present turnkey scripts along with engaging, interactive PowerPoints including lecture, group discussion, skills-practice activities, videos, and games.

### Training Information

[Click here for training information](#)

### Website and Contact

<https://www.mbfpreventioneducation.org/>

## Relationship Smarts

### Target Audience

Teens and Young Adults

### Curriculum Summary

Relationship Smarts PLUS (RQ+) SRA helps teens make healthy relationship, dating, and sexual decisions for themselves by focusing on their futures. It is a lively, media-infused and activity-based comprehensive healthy relationship skills and sexual risk avoidance program for young teens. The curriculum's 13 lessons embody an innovative and integrated approach that addresses positive youth development, life skills, healthy relationships, communication/conflict management, dating violence, and sexual delay and risk avoidance.

### Training Information

The Relationship Smarts Plus curriculum contains 13 lessons regarding identity, principles of healthy dating, and communication skills. Lessons also include warning signs of abusive relationship and address the issue of intimate partner violence. At its core, the curriculum is built to teach youth how to realistically assess their real and potential dating relationships before making commitments or engaging in behaviors that may lead to unintentional commitments. This is a useful curriculum for educators seeking to engage a teen audience with research-informed activities in an area where teens have few sources of reputable information.

- Lesson 1: Who Am I and Where Am I Going?
- Lesson 2: Maturity Issues and What I Value
- Lesson 3: Attraction and Infatuation
- Lesson 4: Principles of Smart Relationships
- Lesson 5: Is It a Healthy Relationship?
- Lesson 6: Breaking Up and Dating Violence
- Lesson 7: Decide, Don't Slide!
- Lesson 8: Communication and Healthy Relationships
- Lesson 9: Communication Challenges and More Skills
- Lesson 10: Sexual Decision-Making
- Lesson 11: Pregnancy, STDs and HIV Lesson 11: Pregnancy, STDs and HIV
- Lesson 12: Unplanned Pregnancy Through the Eyes of a Child
- Lesson 13: Teens, Technology and Social Media

### Website and Contact

<https://dibbleinstitute.org/our-programs/relationship-smarts-plus-5-0/> | PO Box 7881, Berkeley, CA 94707-0881 | (800)-695-7975 | relationshipskills@dibbleinstitute.org

## Steps to Respect Bullying Prevention Program

Target Audience	Elementary students, 3rd-6th grades
Curriculum Summary	<p>Steps to Respect® is a research-based, comprehensive bullying prevention program developed by Committee for Children. The program is designed to decrease school bullying problems by teaching social-emotional skills to counter bullying and to promote healthy relationships. The program is intended for elementary students in grades 3 through 6, following from the premise that the upper elementary years are a particularly important developmental stage to influence bullying-related skills, beliefs, and behavior.</p> <p>Students learn how to identify what bullying is, types of bullying, what to do if someone is bullying them, how to report bullying and what to do if they see someone being bullied.</p>
Training Information	Online training and webinars through the Committee of Children website and listserv
Website and Contact	<p><a href="http://www.cfchildren.org">www.cfchildren.org</a> Sally Vilardi   Director of Marketing &amp; Outreach Committee for Children 2815 Second Avenue, Suite 400, Seattle, WA 98121 (800)-634-4449</p>

## The Why Try Program

Target Audience	Middle and high school adolescents
Curriculum Summary	The Why Try program is based on the life experiences of founder Christian Moore and what he learned from his informal foster mother Miss Patricia Jackson. Christian came from a very challenging home environment with parents that struggled with mental health issues, diagnosis of ADHD and learning disabilities.
Training Information	Training is provided through webinars and implementation guide
Website and Contact	<p><a href="http://WhyTry.org">WhyTry.org</a>   1-866-949-8791</p>

## Too Good for Drugs and Violence

### Target Audience

Middle and high school adolescents

### Curriculum Summary

Too Good for Drugs and Violence prepare students with skills they need for academic, social and life success. Interactive games and activities provide practical guidance on dating and relationships, building healthy friendships and refusing negative peer influence. Students learn how to navigate the challenges of social and academic pressures. The evidence-based lessons use collaborative and experiential learning strategies to help students practice the skills proven to prevent violence and other risky behaviors.

### Training Information

The Too Good curriculum kit includes teacher's manual with step-by-step instructions for implementation.

### Website and Contact

[toogoodprograms.org](http://toogoodprograms.org) | 1-800-750-0986 | C.E. Mendez Foundation Inc., 200 Ottley Drive NE, Atlanta, GA 30324

# Mentoring

## Relationship Smarts

### Target Audience

Teens and Young Adults

### Curriculum Summary

Relationship Smarts PLUS (RQ+) SRA helps teens make healthy relationship, dating, and sexual decisions for themselves by focusing on their futures. It is a lively, media-infused and activity-based comprehensive healthy relationship skills and sexual risk avoidance program for young teens. The curriculum's 13 lessons embody an innovative and integrated approach that addresses positive youth development, life skills, healthy relationships, communication/conflict management, dating violence, and sexual delay and risk avoidance.

### Training Information

The Relationship Smarts Plus curriculum contains 13 lessons regarding identity, principles of healthy dating, and communication skills. Lessons also include warning signs of abusive relationship and address the issue of intimate partner violence. At its core, the curriculum is built to teach youth how to realistically assess their real and potential dating relationships before making commitments or engaging in behaviors that may lead to unintentional commitments. This is a useful curriculum for educators seeking to engage a teen audience with research-informed activities in an area where teens have few sources of reputable information.

- Lesson 1: Who Am I and Where Am I Going?
- Lesson 2: Maturity Issues and What I Value
- Lesson 3: Attraction and Infatuation
- Lesson 4: Principles of Smart Relationships
- Lesson 5: Is It a Healthy Relationship?
- Lesson 6: Breaking Up and Dating Violence
- Lesson 7: Decide, Don't Slide!
- Lesson 8: Communication and Healthy Relationships
- Lesson 9: Communication Challenges and More Skills
- Lesson 10: Sexual Decision-Making
- Lesson 11: Pregnancy, STDs and HIV Lesson 11: Pregnancy, STDs and HIV
- Lesson 12: Unplanned Pregnancy Through the Eyes of a Child
- Lesson 13: Teens, Technology and Social Media

### Website and Contact

<https://www.dibbleinstitute.org> | PO Box 7881, Berkeley, CA 94707-0881 | (800)-695-7975 | [relationshipskills@dibbleinstitute.org](mailto:relationshipskills@dibbleinstitute.org)

## SPARK Mentoring Programs

### Target Audience

K-12

We Speak to the Potential, Ability, and Resilience inside every Kid (SPARK). Our evidence-based K-12 SEL programs increase mental well-being, resilience, and impulse control while building critical life skills such as communication, problem-solving, and decision-making.

### Objectives

- Reduce Risk- SPARK Mentoring programs use age-appropriate content and activities that have been proven to effectively reduce risk around high-school drop-out, drug use, bullying, suicide, depression, and anxiety.
- Uncover Resilience- We believe everyone has innate resilience. When uncovered, this results in improved academic success, impulse control, stress resistance, social-emotional skills, and healthy relationships.
- Promote Self-Sufficiency- SPARK programs are aimed to empower all participants to become successful young adults as they become more self-sufficient once they discover and connect with their inner spark.

### Curriculum Summary

The SPARK Curricula are Offered Online via a Dynamic Membership Platform. When you sign up to purchase our curricula, you get more than just a set of lessons.

### Training Information

As teachers and facilitators who are in the field, delivering this content daily, we're continually updating it to enhance its practical applications and effectiveness. Our curricula are living documents that evolve with our students, and a dynamic membership platform (that we can update in real time) is the best way to keep you in the loop.

Through our online membership platform, you'll also get access to an engaged, supportive community, and a collection of valuable online resources.

### Website and Contact

<https://sparkcurriculum.org/> | 1-813-662-6920 | info@thesparkinitiative.com

# Big Brothers Big Sisters of America

## Target Audience

BBBS Mentoring Programs (Youth aged 5-18)

## Curriculum Summary

Each youth is matched with a carefully screened and trained volunteer adult or high school mentor, and matches typically meet once a week at a school or other location (site-based program) or in community settings (community-based program). Matches can spend their time together talking, doing homework, participating in crafts, and/or playing games or sports. In community-based matches, they also spend time doing activities in the community like attending cultural events, going to restaurants or movies, or exploring other interests. Independent Big Brothers Big Sisters of America agencies provide support, ongoing training, and resources to the mentor (Big) and mentee (Little) to enable development of a positive and trusting relationship. Agencies may also organize activities or events for matches to attend. Agencies are responsible for obtaining their own funding and implementing their program based on the national Standards of Practice and Service Delivery Model. In addition to the foundational mentoring program, agencies may offer programs designed for special populations (such as Hispanic Mentoring, Native American Mentoring, Bigs in Blue (recruiting law enforcement officers to serve as Bigs), Military Mentoring, and/or mentoring for children of incarcerated parents or focused on particular activities or skill-development (such as workplace mentoring and/or Sports Buddies).

## Training Information

There is an extensive curriculum of training available from the National Office, in addition to any customized local trainings offered by agencies. Training provided by the National Office is available on a centralized learning management system and includes a staff certification curriculum as well as orientation and training resources for volunteers, parents, and youth.

## Website and Contact

<https://www.cebc4cw.org/program/big-brothers-big-sisters/detailed#:~:text=Aligned%20closely%20to%20the%20Standards,the%20best%20possible%20youth%20outcomes.>

Ginneh Baugh | Chief Impact Officer | Big Brothers Big Sisters of America | [www.bbbs.org](http://www.bbbs.org) | [ginneh.baugh@bbbsa.org](mailto:ginneh.baugh@bbbsa.org) | (813) 694-7960

# Fatherhood

## 24/7 Dads

### Target Audience

Fathers

National Fatherhood Initiative's® flagship fatherhood curriculum is used by thousands of organizations across the country to train fathers to be involved, responsible, and committed 24 hours a day, 7 days a week. 24/7 Dad® is an evidence-based program.

### Curriculum Summary

24/7 Dad® comes in two versions: A.M. and P.M. Organizations typically run the program with groups of dads for a period of 12 weeks. You may, however, customize it for a shorter time period (e.g. deliver it in 4, 6, or 8 weeks). You may also customize it to best fit your setting (e.g. deliver it to dads one-on-one in a case management or home visiting setting). Talk to our staff about the best way to customize either or both versions for your needs. 24/7 Dad™ is a unique, comprehensive set of fatherhood programs developed by a team of nationally and internationally recognized fathering and parenting experts and with input from fatherhood practitioners. It includes a basic fathering program (24/7 Dad™ A.M.) and a more in-depth program (24/7 Dad™ P.M.), each consisting of 12 two-hour sessions. Each program can be implemented in a group setting or in a one-on-one home-based setting. At the end of each program, fathers and mothers come together to discuss the developments the father has gone through and how it has affected their relationship and family life. Each program stands on its own as a complete program that includes pre and post-assessment evaluation tools. Organizations can use the assessment tools to help a father determine in which program his needs can be best met.

Both the 24/7 Dad™ A.M. and 24/7 Dad™ P.M. programs focus on five characteristics that a father needs to be a great dad 24 hours a day, 7 days a week. Both programs cover universal aspects of fatherhood so that men of all cultures, races, religions, and backgrounds can benefit from either program. Organizations can combine programs so that fathers complete the 24/7 Dad™ A.M. program and then transition into the 24/7 Dad™ P.M. program.

### Training Information

Receive 1 or 2 days of custom program training at your location for up to 30 attendees or bring your staff together in a room or remotely for a custom webinar training.

Our training institutes can be customized with your organization's focus or goals in mind!

### Website and Contact

[www.fatherhood.org](http://www.fatherhood.org) | [programsupport@fatherhood.org](mailto:programsupport@fatherhood.org) | P: 301-948-0599 | F: 301-948-6776 | 20410 Observation Drive, Suite 107 Germantown, MD 20876

## 123 Magic and More 123 Magic

### Target Audience

The 1-2-3 Magic Program continues to offer parents, pediatricians, mental health professionals, grandparents, teachers and even babysitters a simple and gentle-but-firm approach to managing the behavior of 2 to 12-year-olds, whether they are average kids or children with disabilities. 1-2-3 Magic Parenting's Programs also include the popular 1-2-3 Magic Teen and All About ADHD.

### Curriculum Summary

Resource Overview The two DVDs(CC) cover all the material in the 1-2-3 Magic book and feature Dr. Phel an entertaining seminar presentations and real-life family vignettes that reinforce the concepts.

This award-winning, best-selling program provides practical and easy-to-learn parenting techniques that WORK for children ages 2-12. You won't need to study child psychology to understand the simple steps in the program and get results quickly! Cost of Resource \$66.40 includes two DVDs and a Book Distributing Agency Parent Magic, Inc.

### Training Information

The 1-2-3 Magic Parenting training materials are created for mental health professionals and teachers to provide everything you need to prepare, plan, and deliver your own seminars. Our training materials are perfect for one-on-one clinical settings, or small or large group training sessions. See website for additional information.

### Website and Contact

[www.123magic.com](http://www.123magic.com) | P: 1-800-442-4453 | F: 1-800-635-8301 | 800 Roosevelt Road, B-309 Glen Ellyn, IL 60137 | [custcare@parentmagic.com](mailto:custcare@parentmagic.com)

## InsideOut Dad 3rd Edition

### Target Audience

Fathers

### Curriculum Summary

InsideOut Dad® connects inmate fathers to their families, helping to improve behavior while still incarcerated and to break the cycle of recidivism by developing pro-fathering attitudes, knowledge, and skills, along with strategies to prepare fathers for release. Incarcerated fathers get the tools they need to become more involved, responsible, and committed in the lives of their children -- providing increased motivation for them to get out and stay out.

### Training Information

All training registrants must own a Complete Program Kit and have the Facilitator's manual available during training. If you/your organization has already purchased a Complete Program Kit, additional Facilitator's Manuals may be purchased.

#### Benefits of Training:

- Offers an affordable way to train new staff facilitators or volunteers.
- Teaches your staff how to implement the program with fidelity.
- Addresses how to shorten the program for jails or other short-term arrangements.
- Helps facilitators become comfortable with the curriculum and be ready to lead their next class.
- Receive a training certificate upon confirmed participation.

#### To clarify, this training will not:

- Train individuals to train other facilitators of the program.
- Train you how to specifically use the program in a one-on-one setting (e.g. home visitation)

### Website and Contact

<https://www.fatherhood.org/curricula-training> | (240)-912-1263 | PO Box 37635, PMB 84123, Philadelphia, Pennsylvania 19101-0635

## Nurturing Parenting

### Target Audience

Fathers

### Curriculum Summary

The Nurturing Parenting Programs are a family-centered trauma-informed initiative designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting and child-rearing practices. Since 1983, our evidence-based Nurturing philosophy has helped families from all over the world and in all branches of the military improve their parenting skills. The long-term goals are to prevent recidivism in families receiving social services, lower the rate of multi-parent teenage pregnancies, reduce the rate of juvenile delinquency and alcohol abuse, and stop the intergenerational cycle of child abuse by teaching positive parenting behaviors.

### Training Information

Training is necessary to ensure proper understanding and implementation of the Nurturing Programs. The success of the programs depends on competent, qualified professionals understanding the implementation, goals and philosophy of the program. Trainings are posted on the website. Agencies can also host trainings through their agency by contacting the Family Nurturing Center : FNC@NurturingParenting.com.

### Website and Contact

<https://www.nurturingparenting.com/> | FDR@NurturingParenting.com | (800)-688-5822

## Understanding Dad

### Target Audience

### Mothers

### Curriculum Summary

Understanding Dad™ is a unique program that helps mothers improve the relationships they have with fathers, for the benefit of their children. This program helps mothers better understand the importance of involving dad in their children's lives, and how to better communicate with the father(s) of their child(ren).

Often times, the mothers' gatekeeping behavior that can prevent or reduce fathers' access to their children - when fathers' involvement in their children's lives would actually benefit their children. This program encourages self-awareness and helps moms improve the communications skills they need to improve their relationships with the fathers of their children.

Understanding Dad™ raises mothers' awareness about the importance of father involvement in the lives of their children. It helps mothers to reflect on how their own developmental histories have and continue to influence the relationships with the fathers of their children. It also teaches mothers communication skills to improve the partnership between them and the fathers of their children in raising their children (e.g. co-parenting when mothers and fathers are no longer together).

### Training Information

- Program Guide in Facilitator's Manual provides all necessary facilitator info to run the program successfully.
- In-person facilitator training at your location is available.
- Receive 1 or 2 days of NFI training at your location for up to 30 attendees or schedule a custom webinar training. Our training institutes can be customized with your organization's focus or goals in mind.

### Website and Contact

[www.fatherhood.org](http://www.fatherhood.org) | National Fatherhood Initiative, 12410 Milestone Center Dr., Suite 600, Germantown, MD 20876 | P: 240-912-1263 | F: 301-948-6776 | [fathersource@fatherhood.org](mailto:fathersource@fatherhood.org)

# Additional Resources

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These resources provide additional training information on topics relevant to ADCANP/CTF Grantees.

**Safe Sleep (Period of Purple Crying):** <https://dontshake.org/purple-crying>

**Shaken Baby Syndrome:** <https://dontshake.org/learn-more>

**Opioid Initiative:** <https://besmartdontstart.com/>

**Digital Safety:** <https://ctf.alabama.gov/digital-safety/>

**Mandatory Reporting:** <https://aldhr.remote-learner.net/>

**Erin's Law:** <https://www.youtube.com/watch?v=q-9W2Bc9Z1w&t=1s>

<https://rfkhumanrights.org/lesson/sexual-violence-and-personal-security/>

**Protective Factors:** <https://ctfalliance.org/protective-factors/#OnlineTraining>

# Evidence-Based Clearinghouses

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ADCANP/CTF understands there are many different clearinghouses/registries available for identifying evidence-based programs and curricula. We highly encourage agencies to research information from multiple sources so that they are confident in their ability to meet the needs of their population and communities. Below are some additional links to other trusted sites.

- [https://friendsnrc.org/evidence\\_based\\_practice\\_in\\_cbcap/crosswalk-of-evidence%20based-programs/](https://friendsnrc.org/evidence_based_practice_in_cbcap/crosswalk-of-evidence%20based-programs/) - FRIENDS National Center for Community-Based Child Abuse Prevention (CBCAP)
- <https://youth.gov/> - The U.S. government website that helps you create, maintain, and strengthen effective youth programs. Included are youth facts, funding information, and tools to help you assess community assets, generate maps of local and federal resources, search for evidence-based youth programs, and keep up-to-date on the latest, youth-related news.
- <https://www.samhsa.gov/libraries/evidence-based-practices-resource-center/about> - Substance Abuse and Mental Health Services (SAMHSA), The Evidence-Based Practices Resource Center provides communities, clinicians, policy-makers and others with the information and tools to incorporate evidence-based practices into their communities or clinical settings.
- <https://www.blueprintsprograms.org/> - The Blueprints for Healthy Youth Development mission is to provide a comprehensive registry of scientifically proven and scalable interventions that prevent or reduce the likelihood of antisocial behavior and promote a healthy course of youth development and adult maturity.
- <https://ojjdp.ojp.gov/evidence-based-programs> - Office of Juvenile Justice and Delinquency Prevention (OJJDP) programs and initiatives funded.