



WHAT FAMILIES ARE SAYING ABOUT OUR NURTURING PARENTING PROGRAM

{ "I got help! I learned how to communicate better. I'm not only improved as a parent, but as a spouse."

{ "I liked the informative nature of the program and the approaches to learning to deal with my very angry son. I have learned to talk to him calmly. This program helps those wanting to become a better parent for their child."

{ "My Nurturing Parent Nurse was very easy to talk to. Not judgmental at all. She made me feel very comfortable in sharing my past experiences. This is a much needed service and has helped me in becoming a more patient, loving, caring parent."

{ "I got the opportunity to be very honest and work on developing good parenting skills"

{ "I was able to recognize and change many views on parenting. Being a first time mother there are several things you will not know. My nurturing Parent Nurse really helped me see clearer and relax. Parenting is about learning and it is a pleasurable role. I feel much better about my role and responsibility as a mother. Thank you."

To enroll call Oakland County Health Division Nurse-on-Call at 800-848-5533

NPP services are free

NURSE ON CALL PUBLIC HEALTH INFORMATION
800.848.5533 NOC@OAKGOV.COM
OAKGOV.COM/HEALTH



The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and federal eligibility requirements apply for certain programs. TH_NPP Update_17-095

NURTURING PARENTING PROGRAM

What is NPP?

This program is designed to nurture, educate, and support families with challenges known to impact parenting. Public Health Nurses provide sixteen weekly home visits to teach parenting skills and child development. Parents and children participate together so all family members benefit from the program lessons and interactive activities.

No one is born knowing how to be a good parent. It is something all parents learn.

Who can enroll?

- Pregnant women
- Teen parents
- Families with children birth to age 18 wanting to make positive changes
- Families with adopted children
- Eligible families must reside in Oakland County
- Priority is given to pregnant women, teen parents, and families with children birth to age 10

What does NPP teach parents and children?

- How to promote self-confidence
- Positive discipline
- What to expect as your child develops
- Referrals to available resources supporting effective parenting and health concerns
- Setting meal and bed time routines
- Infant and child massage
- Managing stress
- Understanding and expressing anger
- The truth about spoiling
- How to build strong and positive relationships among family members
- Parents and children work together so all family members benefit
- Health education
- Growth and development screenings

A FREE, family based parenting program. Public Health Nurses provide 16 weekly home visits teaching parenting skills, child development, and how to establish a nurturing family life.