Nurturing Parenting Programs (NPP)

What is it?
The Nurturing Parenting Programs (NPP) are family-based programs for the prevention and treatment of child abuse and neglect. The goals of NPP are to:

1. Increase parents' sense of self-worth, personal empowerment, empathy, bonding, and attachment
2. Increase the use of alternative strategies to harsh and abusive disciplinary practices
3. Increase parents' knowledge of age-appropriate developmental expectations
4. Reduce abuse and neglect rates

NPP instruction is based on psychoeducational and cognitive-behavioral approaches to learning and focuses on "re-parenting," or helping parents learn new patterns of parenting to replace their existing, learned, abusive patterns. By completing questionnaires and participating in discussion, role-play, and audiovisual exercises, participants learn how to nurture themselves as individuals and in turn build their nurturing family and parenting skills as dads, moms, sons, and daughters. Participants develop their awareness, knowledge, and skills in five areas: (1) age-appropriate expectations; (2) empathy, bonding, and attachment; (3) nonviolent nurturing discipline; (4) self-awareness and self-worth; and (5) empowerment, autonomy, and healthy independence.

Participating families attend sessions either at home or in a group format with other families. Group sessions combine concurrent separate experiences for parents and children with shared "family nurturing time." In home-based sessions, parents and children meet separately and jointly during a 90-minute lesson once per week for 15 weeks.

Two group facilitators are recommended for every seven adults participating in the program. Two additional group facilitators are recommended for every 10 children participating. NPP can be implemented by professionals or paraprofessionals in fields such as social work, education, recreation, and psychology who have undergone NPP facilitator training and have related experience.

Who is it for? What presenting problems does it address?
The programs were developed to help families who have been identified by child welfare agencies for past child abuse and neglect or who are at high risk for child abuse and neglect. Multiple adaptations of NPP have been developed for various age groups and family circumstances (see SAMHSA’s NREPP for more information). (In some studies, NPP were designed for (1) parents and their children 0-5 years and (2) parents and their school-age children...
5-12 years.)

**What outcomes are addressed in the research?**

1. Parenting attitudes, knowledge, beliefs, and behaviors
2. Recidivism of child abuse and neglect
3. Children's behavior and attitudes toward parenting
4. Family interaction

**How much does it cost?**

*The following information may have been updated by the developer and may not reflect the current costs or availability of items. Please check with the implementation point of contact for current cost information and implementation requirements.*

1. Materials set (includes all materials needed for implementation and quality assurance): $300-$2,000 depending on the program selected
2. 3-day, on- or off-site facilitator training: $250-$325 per participant
3. 4-day, on-or off-site training of trainers: $350-$400 per participant
4. Phone or email technical assistance: Free
5. On-site technical assistance: $500-$750 per day plus travel expenses

For additional information and resources on Nurturing Parenting Programs, visit:

- **SAMHSA’s National Registry of Evidence-based Programs and Practices: Nurturing Parenting Programs**

- **The California Evidence-Based Clearinghouse for Child Welfare: Nurturing Parenting Programs**
  [http://www.cebc4cw.org/program/nurturing-parenting-programs/](http://www.cebc4cw.org/program/nurturing-parenting-programs/)
  This webpage provides detailed information about NPP, including its scientific rating on the CEBC’s Scientific Rating Scale.

- **Nurturing Parenting Family Development Resources**

**Implementation & Research:**

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