

## Nurturing Families Program



## FAQ's about Nurturing Families Program

### Who is it for?

The Nurturing Families Program is for **any parent or caregiver** who is **currently pregnant or** has at least **one child age birth to five years old**, and would like to learn new skills to make good and healthy lifestyle choices. The program helps with parent-child bonding by teaching caring, nurturing skills.

### How long is the program?

The program is **7, one-hour sessions**. All sessions are interactive, and currently **completely virtual**. You can attend these one-on-one sessions in the comfort of your own home.

### What do I get out of it?

In addition to the support you will receive throughout the program, you will also be entitled to **incentives** for completing milestones within the course. Incentives include **\$50 in grocery gift cards**, **developmentally appropriate toys** for all children in the home, and a **safety kit** for your child.

### What is the cost?

The program is **free** to participants due to generous funding through the Ohio Children's Trust Fund and other funding sources.

#### Topics include:

Discipline

Child Development

Stress Management/ Self-Care

Attachment

#### How do I sign up to participate?

To sign up, call us at **330-543-0736** or email us at **nurturingfamilies@akronchildrens.org**.

You may also choose to fill out the Nurturing Families Program Referral Form and email it back to us at **nurturingfamilies@akronchildrens.org**, or you can drop off the completed form to Akron Children's Hospital.