



The Nurtured Heart Approach Day Care & Pre-K Settings



Day Care Staff & Pre-K Teachers are trusted with our precious little ones! When Directors select The Nurtured Heart Approach in their settings they are showing their commitment to offering excellence in the care for children. Staff trained in this approach become “Nurtured Heart Specialists”!

What is The Nurtured Heart Approach™?

- ♥ The Nurtured Heart Approach has been proven to create inner wealth very quickly and in inspiring and enduring ways.
- ♥ Your child learns to believe and build confidence in the successes that flow from fully investing intensity, intelligence and life force into positive action.
- ♥ The Nurtured Heart Approach™ is a strategic social/emotional curriculum that focuses on building healthy relationships from the inside out.
- ♥ It is based on the belief that intensity is a gift that when channeled in a purposeful direction becomes the jet fuel for creating success.
- ♥ This four phase approach is based on implementing simple tools with the intention of creating successful moments, while creating clear, enforceable and immediate consequences for misbehavior.



The Building Blocks of Greatness: Early Childhood Development & The Nurtured Heart Approach™

- ♥ Babies and Toddlers learn from the beginning how out “to get” relationship from adults. The Nurtured Heart Approach energizes and fosters healthy relationships and secure attachment.
- ♥ “Inner Wealth,” a Nurtured Heart foundational principle is KEY to building a strong inner core that prepares a child for success in any setting and to manage challenging times as they continue to develop.
- ♥ By approaching a child in the nurtured heart way, we begin to develop their “portfolio” and their perceptions about themselves begin to “download” in a very positive way.
- ♥ The Nurtured Heart Approach provides us with powerful language that builds strong connections and relationship encouraging children to seek “time in” rather than time out.
- ♥ The messages we send when speaking in the nurtured heart language creates for the child who they are and who they become. We build strong character, meaningful values and healthy relationships.

If you want to learn more about The Nurtured Heart Approach for day care or a parenting technique, contact our consultant Sherry A Blair, LCSW, BCPC, Advanced Trainer/Nurtured Heart Specialist via email sherry@isisnj.us or via cell phone at 973-943-6356.



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DAY CARE NHA SUCCESS STORIES

About a toddler having severe separation anxiety at drop off time:

Leo is a very sweet and sensitive child with an adorable cute nose. Leo asked to skip lunch and go right to his cot. Jess allowed him to go and he reset himself and then fell asleep, probably exhausted. When he woke up Jess snuggled with him and energized his calmness and he was play wrestling with her and laughing. He HUGGED her goodbye and told his Dad he had fun today! Then another hug to Jess and said "I'll see you Thursday!" I call that progress!!! Thanks Sherry!

Leo now only cries for the first few minutes! I am so proud of Jessica, she is doing such an amazing job with him and the other children. She is a natural! Leo's parents are so excited!

In reference to managing sharing behavior during play time:

This is definitely helping as we have an actual technique to use!

Several Weeks after being trained in the approach:

We are all doing very well here! Nurtured Heart Approach seems to be going over very well with our parents and also to prospective families. There is a very peaceful atmosphere developing and we are experiencing very few behavioral problems. The children have been creating beautiful projects! This Approach has really giving Jess the confidence and strength to keep up the hard work with him and the others. I am so proud of her!

Creating Nurtured Heart Collaboration by bringing in the parents/caregivers:

We are still not energizing him when he is crying (such an angry, temper like cry now) and his parents are on board with this. I have been speaking to them separately and he claims she is too easy on him and gives in all the time, she claims Dad is too tough. Now that is a common theme!

Teaching them how to get healthy relationship:

Another thing I do with my preschoolers is acknowledge them by saying "I trust you'll stop crying when you're ready and come join us", then I turn away and give no attention until they have stopped...it's works every time and many times they come up to me and say "Ms. Pat I'm not crying anymore" and of course that's when I pour on the positivity about how well they handled those strong feeling (these are 3 year olds). I just love this too!!!!~Pat Behke, Pre-School Teacher/NHA Advanced Trainer

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