



Family Programs Hawai'i
Annual Conference For Resource Families
NURTURE ME AND
WATCH ME GROW:
Cultivating Healthy Resource Families
 presented by
Tom Naki, MPH
Barbara Naki, RN, MA
of The Institute For Family Enrichment



Nurturing Is...



NURTURING is a process by which we
create an optimal environment for
living things to thrive and grow

Nurturing Father's Program:
What & How Men Learn
REDISCOVERING, RECONNECTING & REPLANTING

- What is the nurturing fathers program about?
- How is it applied?
- What choices do I have?
- What & where are the resources?
- What is important to me now?
- How will this benefit my family/community?

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Values of Nurturing Parenting

- Love of self, others and planet
- Respect for all living things
- Structure and guidelines
- Laughter, play, humor and fun

Behavior Encouragement and Behavior Management

Behavior Encouragement

- Praise for Being and Doing
- Family Rules
- Personal Power

Behavior Management

- Time Out
- Restitution
- Parental Disappointment

PRAISE



Praise is a word, gesture, look or touch
that affirms us for:

- Who we are (praise for being)
- What we do (praise for doing)



ACTIVITY

DRAW A FLOWER:



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**What You Pay Attention To Is
What You Get...**

How to Praise



- Move Close
- Smile
- Touch
- Eye Contact



Praise for Being or Doing



How to Praise

- 1) Focus your attention on the child & situation
- 2) Move close to the child
- 3) Make eye contact
- 4) Look pleasant
- 5) Touch the child in a gentle way
- 6) Describe what you see or share your pleasure
- 7) Praise anytime

Creating Family Rules

1. All family members join in brainstorming family rules
2. Together you choose 5 rules and write them down
3. Each rule has a reward for following the rule and a penalty for breaking the rule.
4. Hang up the rules where all family members can see

Family Rules Activity



Personal Power

Personal power is my ability to make choices in my life



Building Personal Power in Children and Youth

- Make family and group rules
- Give kids choices
- Give fair consequences
- Praise often
- Say "I love you" or "I care about you"

Choices Handout Activity



Discipline & Punishment

- **Discipline** is the guidelines, standards and rules a family expects of its members
- **Punishment** is the penalty for breaking the rules

THINK → FEEL → ACTION → RESULT



Five Types of Punishment

1. Time-Out
 2. Being Grounded
 3. Disappointment from Parents
 4. Pay Back
 5. Loss of Privilege
- ❖ Use these as a way of guiding children & teaching them right from wrong



MAKANA

Nurturing Fathers,

F A T H E R

Making choices helps us where we are.

Nurturing Fathers,

Helps us through the day.

Nurturing Fathers,

Helps us all along the way.

“Just walk away and have a nice day.”

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Foundation of Nurturing Fathers

- Children raised in fatherless homes are most likely to drop-out of school, engaged in antisocial behaviors, teen pregnancy & drugs.
- **Paradigm Shift Pattern:** FROM: The uninvolved, uncaring, absent, abusive, macho-man father. TO: Now, a committed father/man, proactive, involved and caring in his patterned fathering roles.
- Dr. Stephen Bevolek, founder/author of Nurturing Families AAPI-A&B Inventory outcomes: When “Nurturing Is Present” ABUSE is? What we FOCUS ON is what we? Nurture Me & ?
- “The supreme test of any civilization is whether or not it can teach men to become good fathers.” -Margaret Mead, Psychologist
- What is a Man? “He is a man who stays proactive in the lives of his children’s health, education, welfare, fun & play for whom he cares and loves.” -Mark Perlman, founder/author of Nurturing Fathers
- Are men capable of nurturing? But “men need to be men, strong, bold, manly” TO BE NURTURING???

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Father's Nurturing Attitude, Skills & Knowledge

- Fathers teaching Fathers nurturing A.S.K. “HOWZIT, LONG TIME NO SEE!”
- Stay focused: “Here & Now”
- Why? STOP, LOOK & LISTEN to my children?
- What we focus on is what?
- Why praise? It affirms the constant need for behavior encouragement



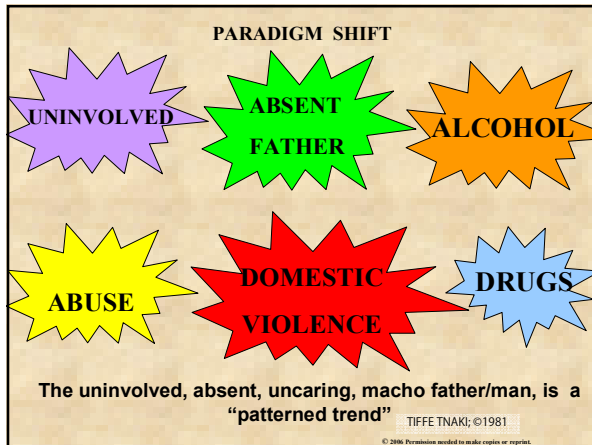
Moms & Dads enjoy play too!

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Man has learned early that alcohol, drugs and violence are ways to get their unmet needs met.

GOAL: Imialoa'a
(rediscovering) what is a safe nurturing family environment that thrives & grows? Learn to **Ho'oku'i**
(reconnecting) family values & beliefs; to gain respect and the tasks of **Kanu Hou (replanting)** family nurturing attitude, skills & knowledge for safety, health and wellness.





The uninvolved, absent, uncaring, macho father/man, is a "patterned trend"

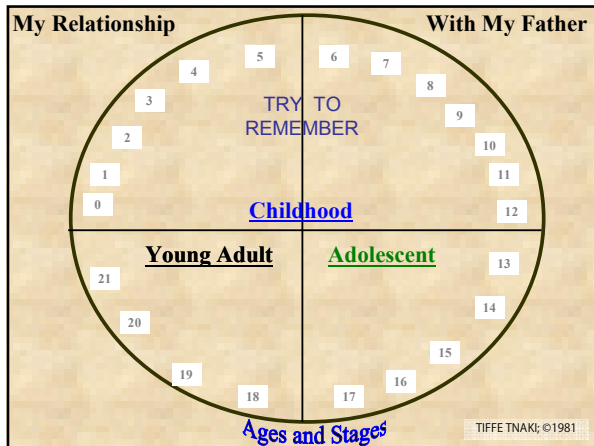
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Now, A committed father/man, proactive, involved and caring in his patterned fathering roles.



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“KEEP” 3 things I'd like to keep are

1) _____

2) _____ 3) _____

“ IN OUR RELATIONSHIP ” ...

2 things I'd like to add on are... **“ADD ON”**

1) _____

2) _____

“THROW AWAY” 2 things I'd throw away &/or help with is.

1) _____

2) _____

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“Whoopie Dad, it's fun up here!”

What We Focus On is What We Get

Common Mothers/Female Nurturing

- Focusing on being
- Emphasizing acceptance & safety
- Protecting
- Being emotionally attuned
- Role Modeling femaleness/mothering

Common Fathers/Male Nurturing

- Focusing on doing & boundaries, rules & standards
- Fostering independence
- Focusing on justice/fairness
- Emphasizing performance & competence
- Encouraging risk taking
- Role Modeling maleness/fathering

“Sure son”

Multi-Cultural Parenting

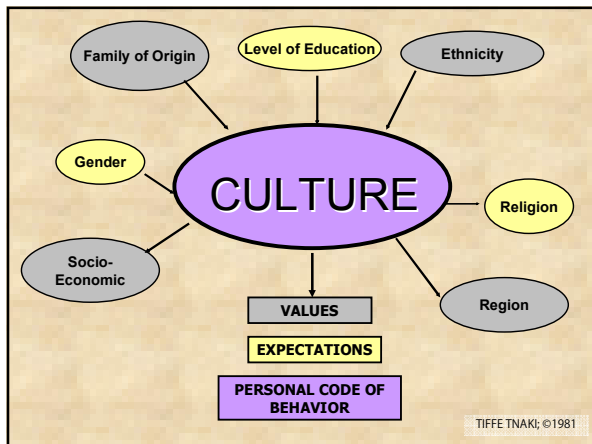


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Definition of Culture

The system of shared beliefs, values, customs, behaviors, and artifacts that the members of society use to cope with their world and with one another, and that are transmitted from generation to generation through learning.





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Activity: Experiencing Culture Through Your Senses

What does your culture:

- ✓ Feel Like ?
- ✓ Smell Like ?
- ✓ Taste Like ?
- ✓ Look Like ?
- ✓ Hear Like ?







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4 Components of Culture


1. How a Culture Learns
2. Values of a Culture
3. Words of a Culture
4. Symbols of a Culture



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MAKANA (gift) : _____

Culture concept: To instill Sense of Giving



Ho'okupu (Ceremonial)

Identify my special gift: _____.

*Five senses *Taking care *Sharing *Pass it on

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**Sense of ...
Reconnection &
Replanting**

PIKO Talk Story
Genealogy.

The reconnecting:
attitude, skills, &
knowledge that
keeps the family
history intact for
survival of the
ohana genealogy.

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SYMBOLS

THE OHANA GENEALOGY

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Mahalo Nui Loa!!

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www.FamilyProgramsHawaii.org
to access information on our
Resource Family Support Services

MAHALO FOR JOINING US!!!!

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