Parenting Programs that Work

Nurturing Parenting
PO Box 982350
Park City, Utah 84098-2350

http://www.nurturingparenting.com/

Phone: 1-800-688-5822
Fax: (435) 649.9599
Email: FDR@NurturingParenting.com

The Nurturing Parenting program (NPP) is a family-centered initiative designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting and child-rearing practices. The goals of the program are to lower the rate of multi-parent teenage pregnancies, reduce the rate of juvenile delinquency and alcohol abuse, and stop the intergenerational cycle of child abuse by implementing positive parenting behaviors. The Nurturing Parenting program helps parents learn the basic skills of parenting through evidenced based programs, instructional lessons, and assessment toolkits.

The California Evidence-Based Clearinghouse rates this program as: 3 out of 5. The FRIENDS National Resource Center for Community-Based Child Abuse Prevention rates the Nurturing Parenting Program as a “Promising Program”

DARE To Be You
PO Box 1562
Cortez, CO 81321

http://www.colostate.edu/Depts/CoopExt/DTBY/index.shtml

Phone: 970-222-9649
Email: jan.miller-heyl@colostate.edu

DARE to be You is an award-winning, family-based program that empowers youth, families, and communities. The program combines interactive and engaging sessions with empowering and high quality information to appeal to all ages and all cultures. The program is based on strong evidence that was obtained from controlled research which found that this program can make effective and important changes in youth development. DARE to be You focuses on positive development of youth (and prevention of problem behaviors) through training, curriculum, and technical assistance.

The Promising Practice Network rates this program as: Proven. The Office of Judicial Justice rates this program as: Promising. The FRIENDS National Resource Center for Community-Based Child Abuse Prevention rates Dare to be You as a “Promising Program”
SAMHSA Model Programs NREPP: 2.8 out of 4.0
The Incredible Years training program allows children a chance to communicate with other children and practice problem-solving techniques in a comfortable environment. The training series teaches children how to work in groups and develop strong bonds with other children. The program uses research-based, proven effective programs for reducing children’s aggression and behavior problems while increasing social competence at home and at school. The academic, social, and emotional competencies it strengthens in children help them deal with anger and sadness with more positive, appropriate behaviors.

The Promising Practice Network rates this program as: Proven.
The California Evidence-Based Clearinghouse rates this program as: 1 out of 5.
The Office of Judicial Justice rates this program as: Effective.
The FRIENDS National Resource Center for Community-Based Child Abuse Prevention rates The Incredible Years as a “Well-Supported” Program

SAMHSA Model Programs NREPP: 3.7 out of 4.0

1-2-3 Magic
800 Roosevelt Road, B-309
Glen Ellyn, IL 60137

http://www.123magic.com/

Phone: 1-800-442-4453 or 630-208-0031
Fax: 1-900-635-8301 or 630-208-7366
Email: ordercenter@parentmagic.com

The 1-2-3 Magic program works to control obnoxious behavior, encourage positive behavior, and strengthen relationships between parents and children. The program provides techniques to help influence child behavior into becoming more positive in the school and home setting. It helps parents build strong, positive relationships with their children and overcome parenting stresses. The 1-2-3 Magic program is a leading resource for parenting solutions that are easy-to-learn and proven to develop strong, long-lasting bonds.

The California Evidence-Based Clearinghouse rates this program as: 2 out of 5.
The FRIENDS National Resource Center for Community-Based Child Abuse Prevention rates 1-2-3 Magic as a “Well-Supported” Program
The **Triple-P Positive Parenting Program** is a multi-level, parenting and family support strategy that aims to improve behavioral, emotional and developmental problems in children by enhancing knowledge, skills, and confidence of parents. The program targets the developmental periods of infancy, toddlerhood, pre-school, elementary school and adolescence. **Triple-P** incorporates five levels of intervention of increasing strength for parents of children from birth to age 16 that bond parents and children through support building practices and bonding exercises.

The Promising Practice Network rates this program as: Promising. The Office of Judicial Justice rates this program as: Effective. The FRIENDS National Resource Center for Community-Based Child Abuse Prevention rates **Triple-P** as a “Well-Supported” Program.

**Families and Schools Together Inc.**  
2801 International Lane  
Madison, WI 53704-3151

Phone: 608-663-2382  
Fax: 608-663-2336  
Email: answers@familiesandschools.org  
Website: [http://www.familiesandschools.org/](http://www.familiesandschools.org/)

This organization produces and distributes evidence-based, parent involvement programs and prevention/interaction programs that teach parents how to become empowered as well as teaching how to empower children. They aim to create a strong family accountability infrastructure, using collaborative framework of local support. Facilitators work with families, children, and parents from all backgrounds and all nationalities so that a large target audience is reached. Academic performance is essential to strong child development because of the beneficial involvement associated with it.

The Office of Judicial Justice rates this program as: Effective. The FRIENDS National Resource Center for Community-Based Child Abuse Prevention rates **Families and Schools Together** as a “Well-Supported” Program. SAMHSA Model Programs NREPP: 3.7 out of 4.0
The **Guiding Good Choices** Workshop Program is a science-based, substance abuse prevention program that teaches parents of preteens and younger adolescents the skills they need to improve family communication and family bonding. The extensive research it draws on demonstrates the importance of bonding in reducing or inhibiting adolescent participation in antisocial behaviors, such as drug use, truancy, and delinquency. The program implements five, two-hour workshops that work with parents and their children to avoid and prevent drug use issues. Research indicates that **Guiding Good Choices** produces significant, sustained improvements in parenting skills and parent child relationships.

The Promising Practice Network rates this program as: Proven.  
The Office of Judicial Justice rates this program as: Effective.  
The FRIENDS National Resource Center for Community-Based Child Abuse Prevention rates **Guiding Good Choices** as a “Well-Supported” Program  
SAMHSA Model Programs NREPP: 2.9 out of 4.0  

The **Strengthening Families Program** is recognized on an international scale due to its high performance rating when dealing with at-risk or average families. SFP focuses on family skills training and child maltreatment and offers ways to strengthen healthy family relationships. The research on this program provides evidence that child maltreatment decreases as bonds are formed between the parents and the child. The program promotes health and education through interactive sessions and engaging bonding.

The Office of Judicial Justice rates this program as: No Effects.  
The FRIENDS National Resource Center for Community-Based Child Abuse Prevention rates **Strengthening Families Program** as a “Well-Supported” Program