

# Nurtured Heart Approach®

## For Country View Elementary School Families



### NHA Introductory Presentation

<b>WHAT?</b>	An introduction to NHA. Familiarize yourself with the method that Country View staff has committed to using to inspire great behaviors in all kids.
<b>WHEN?</b>	6:00-8:00 p.m. September 28 - Childcare is provided
<b>WHERE?</b>	Country View LMC
<b>RSVP?</b>	Email <a href="mailto:Tammy.HoltanArnol@verona.k12.wi.us">Tammy.HoltanArnol@verona.k12.wi.us</a> by Sept. 26th
<b>BOOKS</b>	<i>Transforming the Difficult Child Workbook</i> will be available for \$20. You can also find it on Amazon.

Financial assistance is available.

### FREE 6-Week Parenting Class

<b>WHAT?</b>	A comprehensive study of the Nurtured Heart Approach methodology and techniques. Learn how NHA works, including the full range of techniques, practice at home and receive support as you add tools to your toolbox to inspire great behaviors in your kids. <i>This class is worth the investment in yourself and your family.</i>
<b>WHEN?</b>	6:00-8:00 p.m. October 5, 12, 19, November 2, 9, 16 - Childcare is provided
<b>WHERE?</b>	Country View LMC
<b>RSVP?</b>	Email <a href="mailto:Tammy.HoltanArnol@verona.k12.wi.us">Tammy.HoltanArnol@verona.k12.wi.us</a> by October 3rd
<b>BOOKS</b>	<i>Transforming the Difficult Child Workbook</i> will be available for \$20. You can also find it on Amazon. Financial assistance is available.

### The Nurtured Heart Approach

The Nurtured Heart Approach is a relationship model for inspiring kids to great behaviors. In traditional methods, children get so much *more* – more relationship and more connection with adults – when things are going wrong. This is the fundamental error of conventional ways of parenting and school discipline. Through NHA, we learn what actions we're taking that might actually accidentally encouraging challenging behavior and how to make simple shifts that change everything.

The Three Stands of Nurtured Heart Approach provide an accessible and established foundation for inspiring great behavior.

- **Stand 1:** Absolutely No! *I refuse to energize negative behavior.*
- **Stand 2:** *I will relentlessly energize the positive.*

- **Stand 3: Absolutely Clear! I will maintain my rules and consequence behavior.**

### **NHA Parent Workshop Testimonial**

This is an email, sent by parents who participated in a past NHA Parenting Class, to the VASD superintendent about their experience and the impact it's having on their family...

Dear Superintendent Gorrell,

During our son's transition to kindergarten, he struggled with behavioral issues many days during the first semester. At times we were quite concerned this behavior was a new normal for him. During this challenging time we became aware of the Nurtured Heart Approach (NHA) as behavior modification used by our son's teachers. We learned how to employ this approach thanks to a free training taught by Tammy Holtan Arnol through the Verona Area School District.

Prior to learning about the NHA, we feared a scenario where our son continued his poor behavior, spent much of his day in the principal's office, and missed out on critical learning time. Worse still we feared he might impede other children's learning. However, thanks to the NHA and amazing teachers, our son has learned to "reset" his behavior when he is doing something wrong and return to participating in class quickly. His relationships with his peers and his family have improved. Had he been removed from the classroom for every episode of poor behavior, he wouldn't be enjoying his current academic and social success.

We feel extremely fortunate to have had access to the NHA and those teachers trained to employ it. We encourage more teachers, staff, and parents to invest their time into learning the approach and urge you to visit a classroom where the approach is actively being used. We feel that broader use of the NHA in the Verona Area School District will greatly increase the behavioral and educational success of our children.

*Sincerely,*

*VASD Parent*

**Your NHA Trainer**

Tammy Holtan Arnol, a VASD school counselor, NHA advanced trainer and mother of a Country View learner, has been teaching Nurtured Heart Approach workshops throughout the Verona Area School District three years. Helping parents and educators inspire better behavior in their kids and knowing the joy they are experiencing is her professional reason for being. Many parents have told her that NHA has allowed them to be the parents they've always wanted to be, kind and consistent, and that it has inspired their kids to great behaviors that they always knew were possible!