

The strengthening families program provides pregnancy and parenting support along with education and connection to community resources. The program utilizes the Nurturing Skills for Families™ curriculum.



BETHANY OF IOWA
Serving children and families in Iowa

Intake line: (402) 992-2661
Email: nradtk@bethany.org

Strengthening families program

PARENTING EDUCATION AND RESOURCES TO STRENGTHEN YOUR FAMILY



Parenting is a tough job

There are no perfect parents. At some point, everyone needs a little help along the way.

The goal of the strengthening families program is to enhance parents' capacity to provide nurturing, age-appropriate care and protection for their children.

Bethany helps parents feel empowered and educated to create goals and a plan of action to ensure the short- and long-term needs of their children and family are met.

TOPICS COVERED DURING SESSIONS

- Prenatal care
- Newborn care
- Infant/child development
- Discipline
- Establishing routines
- Healthy parent-child relationships
- Stress management

SERVICE PROVISION INCLUDES:

- Visits in the home or community location
- Pregnancy support and education
- Parenting support and education
- Infant care supplies, including diapers

To be eligible for the strengthening families program, a client must either be pregnant or have an infant in the household and reside in Iowa.

