

**"It didn't matter  
how big our house  
was, it mattered  
that love was in it."  
- Peter Buffett**

## **NURTURING PARENTING IS ...**

... a philosophy that supports children being raised in a caring home that nourishes their self worth, that promotes their sense of personal empowerment and cooperation, makes appropriate developmental expectations of them, and treats everyone in the family with respect."

- Author of Nurturing Parenting,  
Stephen J. Bavokek, PH.D.



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## **NURTURING PARENTING**

A FREE course offered by  
LiveWell Northwest Kansas.

Learn how to be a better  
parent while earning a \$100  
completion bonus!



# who we are

Located in Colby and serving the 12 northwestern-most counties in Kansas, LiveWell Northwest Kansas is a longstanding advocacy organization that works to improve all aspects of health to better the early childhood system and optimize child and family well-being. For over 40 years, LiveWell has provided preventative educational services and opportunities so people can make a lasting change towards optimal health and happiness.

Under the umbrella of LiveWell are a family of initiatives with unique goals and strategies, all striving to achieve the same mission. Some of our programs include Smart Start Northwest Kansas and other parent coaching classes, Thomas County Coalition, Thomas County Farmer's Market, and Kids Port group childcare center.

Our goal is to help your family be a SUCCESS. Nurturing Parenting is a curriculum based on research and evidence.

# about the program

## NURTURING PARENTING

We recognize that each family is unique, with a variety of struggles. The Nurturing Parenting program offered by LiveWell is staffed by trained facilitators that bring a wide berth of experiences in parenting, and honesty about their own failures and successes. With optional private or group classes, parents learn practices that lead to better connections with children, their partner, and themselves.

The program is designed for the whole family:

- Classes are free.
- An evening meal is provided.
- Free childcare is available.
- Plus, when you successfully finish the class, you'll receive a certificate and a \$100 completion bonus.

## INTERESTED IN SIGNING UP?

Call (785) 465-9103 today.

# TWO WOLVES

## A Cherokee Parable

*An old Cherokee chief was teaching his grandson about life...*

*"A fight is going on inside me, he said to the boy. It is a terrible fight and it is between two wolves.*

*"One is evil - he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, self-doubt, and ego.*

*"The other is good - he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.*

*"This same fight is going on inside you - and inside every other person, too."*

*The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?"*

*The old chief simply replied, "The one you feed."*