

Nurtured Heart Approach® (NHA)

The Nurtured Heart Approach® (NHA) is more than just a parenting or educator behavior management strategy. It is a philosophy for creating healthy relationships with the people in your life. Originally created by Howard Glasser in 1992, NHA is being successfully implemented through families, classrooms, foster care, health care professionals, social workers and criminal justice organizations that are seeking successful, early intervention techniques.

The Nurtured Heart Approach consists of a set of strategies that assists children in further developing their self-regulation and has been found effective with children of all ages. Intensity is key to Nurtured Heart Approach thinking. Unfortunately, the word intensity has negative associations in our society and teachers, parents and childcare workers can view it as the enemy. In Nurtured Heart Approach thinking we believe intensity is a powerful quality that, if developed correctly, can propel children onto amazing achievements. When a child learns to feel great about their intensity, the incidents of challenging behavior dissolve.

Interested in training?

There are now approved trainers across the state of West Virginia! We offer a 1-hour keynote, a 3-hour introduction, and a 6-hour intensive training in NHA. These trainings are presented virtually via Zoom to meet you and your agency where you are.

At this time, these trainings are presented free of charge. We are currently working on obtaining CEUs in a variety of fields.

For more information regarding NHA or to inquire about training, please contact Holly Glick Sly at glick4@marshall.edu

• CREATING **INNER WEALTH™** IN CHILDREN. •

& Building Connected Communities

