**Nurturing Parent Program (NPP)**

The Nurturing Parent Program for foster parents is an eight-session program for families that are providing care to infants and toddlers within the child welfare system. Each session offers important information about early development, the effects of trauma and adversity on infants and dealing with the stress of being a foster parent.

Caregivers will find that they gain support from other caregivers who are experiencing similar challenges and caring for very young children who show trauma symptoms.

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**IB3 Child and Family Interventions**

Getting infants and toddlers back on track

**ILLINOIS BIRTH THROUGH THREE WAIVER: CHILD AND FAMILY INTERVENTION**

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What can I expect in my NPP group?
Your NPP group will be a supportive learning experience. It is a great opportunity to share and learn with other foster parents who are caring for very young children. This program is designed to help you gain competencies in parenting very young children who have experienced trauma. It is also designed to help caregivers develop self-care in response to the stressors that life can sometimes bring.

NPP groups meet weekly for eight weeks. Each session lasts three hours.

What will I learn in the group?
Your NPP group is designed for foster parents who are caring for infants and toddlers. You will learn about the best strategies to support the child’s overall health, learning, social and emotional development and ways to strengthen your relationship with the baby in your care. A little more time, focus, talking, and playing can build stronger relationships and lead to fewer behavior problems and greater success in school. Ultimately you will see changes in the child you are caring for and in yourself. These changes help children form attachments and improve their well-being, and leave you feeling better about your work as a foster parent. The children also benefit developmentally, and over time may show fewer effects of their past traumatic experiences.

Why is DCFS offering this program?
DCFS is offering this parenting program as a part of the Illinois 0-3 program. The program is designed to address the unique needs of families of very young children and to improve placement stability and permanency outcomes. It provides foster caregivers with optimal support and essential information.

Who else will be in the group?
All of the foster families that come to the NPP group have young children placed with them who are under the age of four. Through initial assessments, the children are known to have experienced some trauma and adversity prior to coming into foster care, and they show symptoms in the ways that very young children do. They may push away from you, be difficult to soothe, have difficulty sleeping or eating or have other daily care needs. NPP groups address the parent’s stress, as well as teach important information about how to help the child in your care. Foster parents also share ideas and experiences with each other.