



## What is the Nurtured Heart Approach?

The Nurtured Heart Approach® (NHA) created by Howard Glasser, is a curriculum for relationship. It supports adults in relating to children in ways that guide them to use their intensity successfully and positively. Through the NHA, children come to see their intensity as fuel for greatness, not as a deficit or a handicap. NHA can also be used with partners, other family members and pets!

## How Does it Work?

Children get so much more connection and relationship when things are going wrong or threatening to go wrong. Adults tend to be lukewarm or cool when all is well, but as soon as problems arise, we get interested and vocal! Children want to connect. They want to feel seen, valued and appreciated. However, if we respond more energetically to them when they're "being bad" than when they are being neutral or good, they begin to gravitate toward negativity to engage the adults in their world.

## Who Uses the Nurtured Heart Approach?

- **Parents:** The NHA provides a practical method to support parents in making children feel seen, noticed and appreciated for who they are and what they bring to the family. It increases connectedness, decreases family stress, and moves parents out of destructive cycles of increasingly punitive discipline.
- **Educators:** The NHA is specially designed to support teachers in coping with difficult students, helping them to avoid the burnout that has been causing them to leave the profession in record numbers. It equips teachers to provide a rich flow of recognition and clear structure in classrooms, creating dramatic shifts in classroom culture and providing a strongly positive social-emotional framework. Both behavioral and academic success are more attainable for students in a Nurtured Heart classroom.
- **Community:** In ideal situations, all these entities become united in a shared use of the Nurtured Heart Approach. When a child in crisis is supported by this approach in school, at home, and in therapy, successful turnaround is virtually guaranteed.

## Benefits of NHA

- Understanding the unique dynamics of the “challenging” child
- Ending the punitive cycle that reinforces negative behavior
- Building families and school cultures on authentic connection and trust
- Improving performance on everything from test scores to chores
- Shifting the child toward using his/her intensity in successful ways
- Supporting the child in feeling successful and building Inner Wealth™ – a term we use to describe the child’s inner knowledge of and acceptance of his or her own greatness
- Reduction of reliance on psychiatric medications to control difficult children’s behavior
- Reduction of risk of children using addictive substances

## Practical Results of NHA

- Increased parent effectiveness and satisfaction Improved teacher job satisfaction and retention Decreased incidence and severity of disruptive behavior
- Decreased school office referrals and expulsions Increased test scores and curriculum advancement
- Decreased disruption of foster care placements
- Progress in child social-emotional development

For more information about The Nurtured Heart Approach go to:

[www.childrensuccessfoundation.com](http://www.childrensuccessfoundation.com)