



Parents in Progress

The Nurtured Heart Approach - "Attention is the most basic form of love; through it we bless and are blessed." ~ John Tarrant

Nurtured Heart Approach and School Success

The Nurtured Heart Approach was developed in 1998 by Howard Glasser, MA. As he worked with kids and families he found that traditional behavioral and parenting approaches weren't effective with kids who had more intense behaviors including severe temper tantrums, aggression, poor school performance, or diagnosis including ADHD, Bi-Polar Disorder, and Oppositional Defiance Disorder. In fact, he found that those approaches intensified and increased intense and challenging behaviors.

The Nurtured Heart Approach teaches you how to actively recognize a child when he's NOT breaking the rules or acting out, so that those calmer moments become the norm. The NHA works to "hijack kids into success", meaning that negative behavior no longer ruins his day. And more importantly his appropriate behaviors are consistently reinforced through energy and relationship.

Evidence

Tolson Elementary School- Tucson, Arizona

Prior to Implementation of NHA

- Suspension rate 8 times higher than any other Elementary School in the district.
- Teacher Attrition rate 50%
- Title I school with 80% of population on free or reduced lunch program.

Between 1999 when the approach was implemented and 2007

- 1 non-behavioral related suspension
- Teacher turnover dropped to 5%
- 0 children received a diagnosis of ADHD
- 0 children were placed on medication for behavior related issues
- 97% of children referred for medication did not receive it when their parents implemented the Nurtured Heart Approach in their homes.
- Special Education referrals went down from 15% to 5%.
- 59 children were referred to the Gifted and Talented program.



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Smith Elementary School- Hampton, VA (2008 - 2009)

- Total number of suspensions reduced from 64 to 42 (down 32%)
- Number of administrator-parent conferences reduced from 18 to 3, (decreased 83%)
- Different types of infractions reduced from 18 to 7, with all those occurring this year less serious
- Number of classroom disruptions reduced from 41 to 13 (decreased 68%)
- Number of incidents of misconduct on bus reduced from 7 to 1 (decreased 86%)
- Truancy conferences reduced from 18 to 3 (decreased 83%)

Subjective Teacher Survey

- 61% of teachers polled (18) stated they use the approach 60-80% of the time and reported amazing and significant results with it in their classrooms.
- None of the teachers polled questioned the viability of it.
- All reported improvements in classroom behavior even though they had not "*perfected*" the approach.
- These statistics led to school wide implementation and preliminary data are showing similar results.

Evidence

Barkstall Elementary- Champagne, Illinois (2006-2009)

- Attendance rate has climbed from 95.1% to 95.9%
- Discipline referrals are down 88%
- Students meeting or exceeding their ISAT test scores have increased 74.5% to 87% in Reading and in Math from 88.7% to 95%



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Evidence

Jefferson Middle School- Champagne, Illinois (2006-2009)

- 17% decrease in discipline referrals this year
- In the past three years, they have only had two core teaching positions open.
- All teachers using this approach are at or above curriculum schedules
- No teacher has stopped using this approach once they have started
- No principals have quit or moved to another school

What other teachers are saying

"For two years now I have been implementing The Nurtured Heart Approach for the more extreme behavior problems. This approach has phenomenal results and benefits the whole class". --Valerie Munds elementary/middle school teacher for 10 years.

"Our school implemented the Nurtured Heart Approach in a school-wide effort to tackle not only discipline problems but increase "time in" the classroom, as well. This approach is similar to and has many commonalities with Assertive Discipline. Children want attention and learn early that misbehaving earns a great deal of attention, and negative attention is viewed as equal to positive attention. By implementing high expectations, rewarding students with not just praise for their actions but also for who they are, and not exerting any energy or attention to bad behavior, children learn self-worth as they strive for your attention. Warning students with a one word reminder is all that is needed if it is known that a serious disciplinary action will result after instruction time if the behavior continues. As soon as a student ceases his or her misbehavior, with a positive comment, such as "nice work getting focused; you really are a hard worker!" a student will learn that very little attention is given as a result of bad behavior, but good behavior is rewarded with building up their self esteem (even if the praise doesn't make sense like my example). This has been working very well throughout the school". -JJakob



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Implementation Options

Two Hour Introduction to the Nurtured Heart Approach - This free introductory session provides an overview of the fundamental basics of the approach. It describes how and why it works with kids with challenging behaviors. Participants will learn:

- Who are intense children
- Why ordinary behavior methods don't work with intense children
- This introductory session is not a training session.

8 Hour Training for Teachers - This introductory training session provides the basic information to begin implementing the Nurtured Heart Approach in the classroom. Participants will learn:

- Why some children are intense and why ordinary behavior intervention techniques backfire with them.
- The "three stands" to take to produce immediate change in negative behaviors.
- How to hijack kids into success and provide effective consequences.
- Expected success rate of in-classroom implementation in classroom (based on subjective teacher survey) without in-class support is about 5-10%.

18 Hour Teacher Intensive - This training intensive will teach the basic information of the Nurtured Heart Approach and also provide case studies and practice in using the approach that is necessary for successful implementation in the classroom. Participants will receive:

- The above 8 hour training in order to begin implementing the Nurtured Heart Approach.
- Opportunities to bring real life situations to the group and practice the implementation of the approach in a controlled setting.
- Expected success rate of in-classroom implementation in classroom (based on subjective teacher survey)-15-25%.



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Pilot Program - Full scale implementation in volunteer classrooms or school wide beginning with the intensive training and includes in class coaching and support so that teachers can become proficient in delivering the approach on a regular basis. Participants will receive:

- 18 hour teacher training to learn the approach.
- On-going in-class support/coaching.
- One on one attention to address "leaks" and the more intense children.
- Data collection and analysis in several areas.
- Individual email/phone support as needed.
- Higher test scores (based on statistical evidence)
- Decrease in suspensions (based statistical evidence)
- Significant decrease in discipline referrals (based on statistical evidence)
- Expected success rate of in-classroom implementation in classroom (based on subjective teacher survey)-90-100% improvement in classroom behavior.

Contact Karen Ellis with Parents in Progress for more information.

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