



A Snapshot of the Nurtured Heart Approach®

The Nurtured Heart Approach® (NHA) is a **philosophy for creating healthy relationships with people in your life**. NHA was created by Howard Glasser in 1992 and since then has shown success for families, classrooms, health care professionals, social workers, and criminal justice organizations that are seeking early intervention techniques.

The Nurtured Heart Approach® focuses on:

- Self-regulation
- Transforming the way children perceive themselves, their caregivers, and the world around them
- Teaching children that they will receive recognition through positive behavior
- Supporting children as they build a positive portfolio of themselves, or “Inner Wealth™”
- Seeing intensity to be a powerful quality that, if developed correctly, can drive children to amazing achievements

The Nurtured Heart Approach® embraces The 3 Stands™, that when committed to, become a powerful means of transforming children:

Stand 1:

ABSOLUTELY NO!

I refuse to give my time, energy, and relationship to negative behavior. I will not accidentally foster failure nor will I reward problems by responding to them in animated ways. I will save my time and energy for searching for success.

Stand 2:

ABSOLUTELY YES!

I will relentlessly and strategically pull the child into new patterns of success. I will constantly recognize the success and achievement that children are displaying no matter how small and present them with clear undeniable evidence of their value and how great they are.

Stand 3:

ABSOLUTELY CLEAR!

I will have clear and consistent consequences for children when a rule has been broken. “Here are the rules, and here’s what happens when you break a rule”.

For more information on books, audio material, online courses and live training, please visit: www.ChildrensSuccessFoundation.com