

# Nurtured Heart Approach



## TNT Kidz CENTER

Teach N' Transform

### An Overview

The Nurtured Heart Approach was created by Howard Glasser who has a background in family treatment, clinical studies, and educational leadership. This approach is used globally by parents, teachers, and therapists to help kids develop inner wealth and to flourish and blossom by placing energy into the positive truths about who they are.

Many kids that are exhibiting challenging or intense behaviors are doing so because this is how they have gotten the most attention from adults in the past. They translate the energy and attention they have gotten from adults in those situations as love. This is one reason why we see negative attention seeking behaviors more frequently. The Nurtured Heart Approach challenges adults to shift their focus from all that is going wrong, to focusing their energy on every moment of greatness they see in their children and broadcasting those moments of greatness.

### The Three Stands:

#### **STAND ONE: ABSOLUTELY NO.**

I will NOT put my energy into negativity (negative behaviors, negative attention seeking, negative words, negative reactions, etc.)

#### **STAND TWO: ABSOLUTELY YES.**

I WILL put my energy into positivity. (positive exploration, positive behaviors, positive words, positive reactions, etc.)

#### **STAND THREE: ABSOLUTELY CLEAR.**

I WILL make expectations clear by always following through by utilizing a "reset". Reset is not a timeout. The kids have the power to choose when their body is ready.

EX. Your child is yelling at you to get a special treat. You would issue a "reset" by stating, "Please reset your body. When you are ready to use a respectful voice, you may try again." Resets do not need to be in a specific place like a timeout. Stop the child where they are at.

### What is a "reset"?

**Reset**: When kids are having a hard time following expectations, ask them to "reset" their bodies and return try again when they are ready to follow the expectations set

EX. Your child is yelling at you to get a special treat. You would issue a "reset" by stating very calmly, "Please reset your body. When you are ready to use a respectful voice, you may try again." Once they are ready and ask in a respectful voice, energize their greatness by praising them: "When you speak to me that way, you are showing kindness and self control. I am happy to share this special treat with you!"

### Reset vs. timeout?

Resets do not need to be in a specific place like a timeout. Stop the child where they are at. Kids can choose to sit down and reset, take a deep breath, go for a walk around the room, take a drink of water, etc. while resetting. Resets do not need to be for any certain amount of time and are not dependent on the parent to be over. Resets put the power back into the kids' hands. When they feel ready to follow the expectation, they can return and try again.

### Questions?

Ask anyone on the administrative team if you have any questions or clarifications regarding how TNT utilizes the Nurtured Heart Approach.

Find more information at <https://nurturedheartinstitute.com/>