

# Introducing

## the NURTURED HEART APPROACH®

{ for Transforming  
the Difficult Child  
& Helping  
All Children Flourish

1-Hour  
Presentation

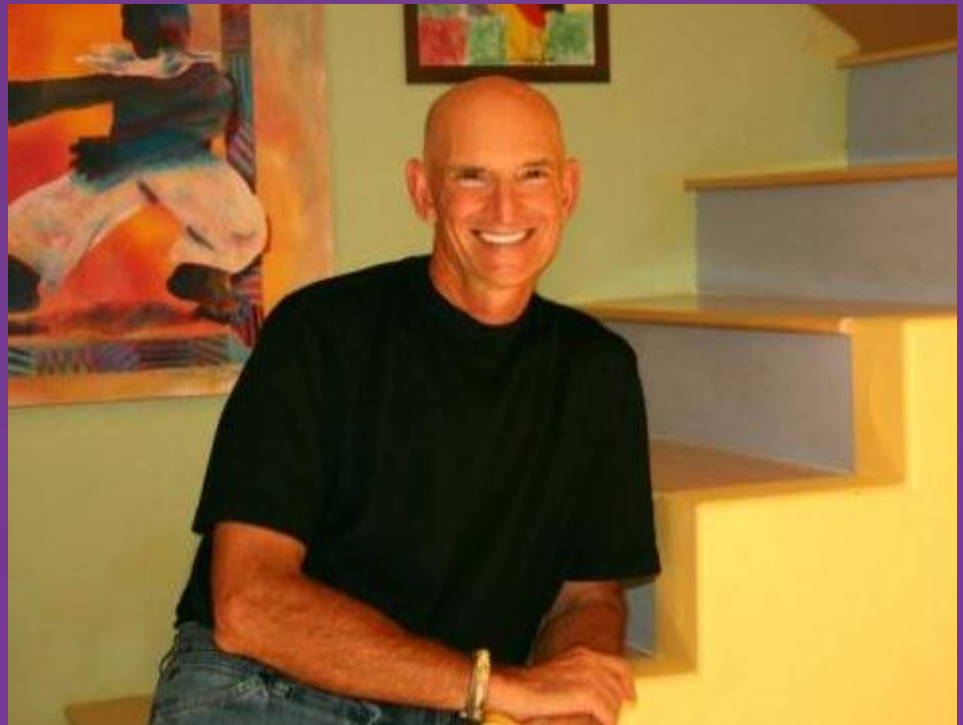
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Children's Success Foundation



# Howard Glasser

Creator of the  
Nurtured Heart  
Approach®

Founder,  
Children's Success  
Foundation



NHA began as a way to *heal*  
challenging children



Now it *helps*  
*all* children flourish

# Is Intensity the Enemy?

Symptoms **do** exist. . .

however,  
**symptoms**  
get labeled as  
**pathology**



**Improvement**  
*isn't* good enough



**Nurtured Heart Approach® brings**  
**Transformation**

# Conventional Methods:

What you don't know *can* hurt you



Not a good fit for the  
intense child

Often inadvertently  
make the situation worse

No need for “blame” game



# NHA Applied to Families

- NHA not exclusively for children
- How many parents feel successful?
- What do parents hear most from outside agencies?
- What are *we* on the lookout for when working with parents?

*Key: What are our intentions?*



# Building Inner Wealth®



To use intensity well,  
kids need to be . . .

*stronger on  
the inside*



I will share a few simple *stories*  
to feel the Approach from the  
*inside out* and to help learn  
*The 3 Stands™* of NHA



# The NHA Core Methodologies: *The 3 Stands™*



Absolutely **No!**

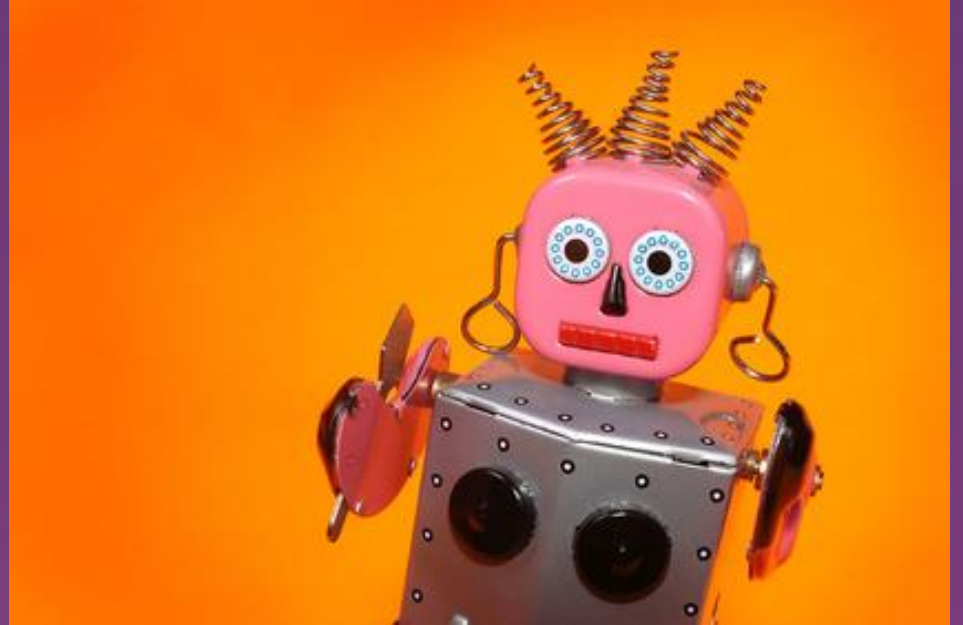


Absolutely **Yes!**



Absolutely **Clear!**

# Toys-R-Us



*We* are our children's most exciting toy!

*We* are the ultimate entertainment center  
with the greatest features.

# Choosing *More* Energy

*Energetic \$100 Bills*

**We are the prize!**

*We get to choose the quality and  
quantity of the energies we radiate.*



# Stand 1: Absolutely *No!*



I **refuse** to  
energize negativity.

I will not reward negativity with my energy,  
connection or relationship.

# Choosing What NOT to Energize



# Ignoring is Counter-Productive



Ignoring just *invites* kids to “up the ante”

Ignoring is a *passive experience* – tuning out

Refusing to energize is a *very active experience* – *pausing* the energy flow and *eagerly waiting* for the first moment to turn it back on again



# Video Game Theory

Kids who cannot focus on homework can play a video game with mastery and accomplishment.



In the video game, life truly makes sense & follows logic that is very different than at home and school.

*Video games compel kids to successfulness.*

# Video Games: Clear & Predictable

- **Incentives** are strong and predictable
- **Confronts** a child with their success – score, bells and whistles
- **Rules** are clear and predictable
- Delivers a **consequence** – always



In a **moment**, the child is back in the game and is **inspired** not to break the rules again.

# Stand 2: Absolutely *Yes!*



I relentlessly create and energize positivity and success.

I energize and nurture first-hand experiences of success.

# New Ways of Being Positive

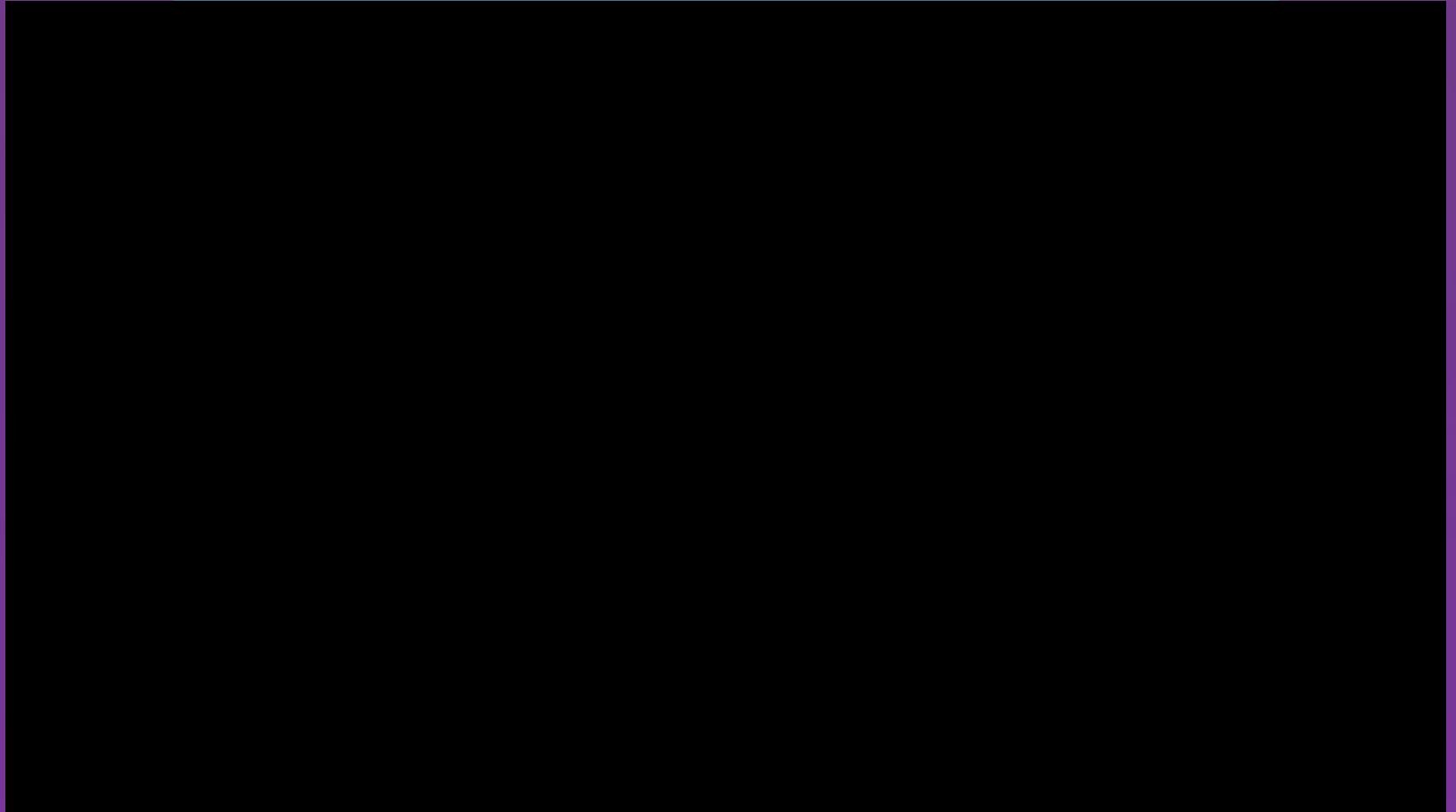
*It's more than  
"Catch Them Being Good"*

Use stronger, more specific positives...

- That navigate around defenses
- That give *evidence* of greatness
- That ensure that the positive is felt and digested as success
- That helps them see themselves as a kid who is *great!*



# Energizing Success



Ms. Eulanda Mahone – Sallie B. Howard School – Wilson, NC

# NHA Recognitions: What Did You See?

What *was* happening?

What *was not*  
happening?

What does it say  
about *who* they are  
as a person of *growing* greatness?



# Build the Foundation First



1. **No energy to negativity,**  
or positives cannot have the intended impact
2. **Create “time-in” that is juicy and established,**  
or “time-outs” cannot have the intended impact
3. *Then,* **limit setting** can be effective



# Stand 3: Absolutely *Clear*!



I set and enforce clear limits and clear consequences in an un-energized way.

I will always provide a true consequence.

Remember: Video Game Logic

# Two Energetic Reasons Why Time-Outs Fail

1. While we are delivering the time-out,  
we are typically  
*giving energy to negativity.*
2. We have not yet set up the  
*new field of energy* and  
*connected relationship*  
that is significantly strong.

# The Rules of the Game

Rules are clear

Both the players and the officials know them – not negotiable

No warnings; immediate, quick consequences for every broken rule



A toe over the line *is* a toe over the line

# Perfection is Not Required

Broken rules simply result  
in consequences  
that *now* lead to getting  
back on track

- ✓ always doable
- ✓ no big deal





“Children do  
not awaken  
*by* the fear of  
punishment.  
They awaken *to*  
their greatness!”

~Howard Glasser

# Transformation



- No longer anything to be gained by breaking the rules
- The **big** responses are now only for the positives
- Breaking a rule **now** only gets a **true** consequence - **not** a payoff

What is  
the **NURTURED HEART APPROACH®**?



A **set of strategies** for helping **children** (and adults)  
use their **intensity** in **successful** ways

... and awaken to their  
*greatness!*





To Your *Greatness!*



# *Free Video e-Course*

with NHA Creator, Howard Glasser

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



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**“The 3 Stands™ of the  
Nurtured Heart Approach®”**

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

## For More Info. on Local NHA Events



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