Guiding Principles

NBCDI Family Empowerment Program is built on four guiding principles:

2. As lifelong learners, parents know best what they need to strengthen their parenting skills.
3. Parents learn best when they are involved in selecting the topics and activities.
4. With information, resources and support, parents will make the best choices for their children.

Six Key Themes

NBCDI Family Empowerment Program is comprised of six topic areas that include a range of interactive, engaging and research-based activities.

- Topic 1: Reflections
- Topic 2: Health and Wellness
- Topic 3: Child Growth and Development
- Topic 4: Positive Guidance
- Topic 5: Literacy and Numeracy
- Topic 6: Transitions

About NBCDI

For 45 years, the National Black Child Development Institute (NBCDI) has been at the forefront of engaging leaders, policymakers, professionals and parents around critical and timely issues that directly impact Black children and their families.

We are a trusted partner in delivering evidence-based and culturally-relevant resources that respond to the unique strengths and needs of Black children and families. Our areas of focus include early childhood education, health and wellness, literacy and family engagement.

With the support of our Affiliate Network in communities across the country, we are committed to our mission “to improve and advance the quality of life for Black children and their families through education and advocacy.”

For more information, contact Georgia Thompson, Director, NBCDI Affiliate Network and Training Institute at gthompson@nbcdi.org

FAMILY EMPOWERMENT PROGRAM

Developed by the National Black Child Development Institute

The Family Empowerment Program developed by the National Black Child Development Institute builds the capacity of parents as leaders of their families. Through the program, families are fully equipped to build the capacity of their children as learners and effectively advocate for them from birth through college. The program was developed to guide and coach parents and caregivers through a strengths-based lens and honors cultural and linguistic strengths of families.

Additionally, the Family Empowerment Program is:

- **Culturally Responsive**: infuses the social-cultural context of families lived experiences
- **Culturally Relevant**: builds on families identified needs
- **Trauma Sensitive**: takes a holistic approach to building the capacity of families – educates families on brain development, toxic stress, Adverse Childhood Experiences (ACEs) and the importance of building resiliency and developing protective factors in children and their families
- **Aligned with current research and best practices**
- **Developmentally appropriate and two-generational** - builds the capacity of parents and their children
- **Designed with feedback** from families
- **Action-oriented** and connects families with local resources

www.NBCDI.org