

# Nurtured Heart

## The Heart Beat of Northwest

The Nurtured Heart Approach® is a relationship-focused method founded strategically in 3 Stands™ for helping children (and adults) build their Inner Wealth® and use their intensity in successful ways. It has become a powerful way of awakening the inherent greatness in *all children* while facilitating parenting and classroom success.

### THE 3 STANDS

**Stand One:** Absolutely No!  
I refuse to energize negative behavior.

**Stand Two:** Absolutely Yes!  
I will relentlessly energize the positive.

**Stand Three:** Absolute Clarity!  
I will maintain total clarity about rules that demonstrate fair & consistent boundaries.

### BENEFITS OF NURTURED HEART APPROACH

- \***Understand** the unique dynamics of the challenging child
- \***Shift** a child toward using his/her intensity in successful ways
- \***Create** a deeper sense of success & inner wealth for the child
- \***Build** a family/school culture of authentic connection & trust
- \***Improve** performance – from test scores to chores
- \***End** the punitive cycle that reinforces negative behavior
- \***Live** the “Energy” of joy and success as your new reality

In our attempt to help all students have a healthy, safe, and nurturing environment at Northwest Elementary, our Coordinated School Health Committee has provided an overview of the Nurtured Heart Approach. We will be providing monthly ideas for your consideration. These are the same concepts that are being used by our staff at Northwest Elementary.

We appreciate your efforts to partner with us to make Northwest Elementary a nurturing community.



Northwest Elementary School Staff