



PROGRAMMING GROUNDED IN SCIENCE, DELIVERED WITH LOVE

Nido provides holistic family programming to address the social, emotional, and developmental needs of the most vulnerable babies and parents during the first 1000 days of life. Our trained social workers use evidence-based curriculums for group and individual services.

OUR PROGRAMMING



1

PRENATAL GROUP

- Support healthy pregnancy and postpartum period
- Psychoeducation on labor

2

POSTPARTUM SUPPORT

- Reduce isolation
- Facilitate mutual aid among parents
- Strengthen coping strategies

3

PARENTING JOURNEY

- Raise awareness of past and present factors that influence parenting styles

4

GROWING GREAT KIDS 1

- Enhance parent's understanding of everyday activities to support child's development

5

GROWING GREAT KIDS 2

- Strengthen parent/child connection and attachment
- Have a safe space for community

6

LET'S PLAY

- Teach parents about of power of play on brain dev. and attachment
- Support dyadic play

7

ORUGUITAS GO TO SCHOOL

- Build school readiness
- Help parents enroll child in high-quality 3K/ Head Start

Graduation

- Parents graduate with tools and community resources for self-sufficiency and child advocacy
- Children graduate with social, emotional, and developmental skills to enter school