

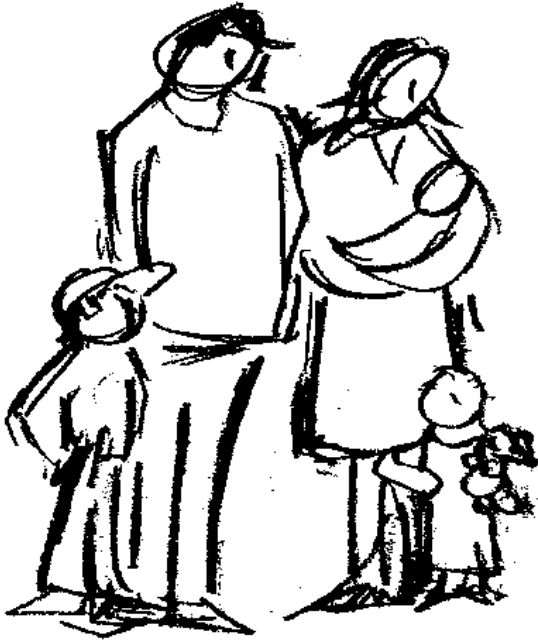
The Family Nurturing Center of Central New York

Presents

The 19th Annual

Family of the Year

Celebration



Purpose

To honor families for their nurturing attitudes and behaviors and to create awareness of the importance of nurturing in all family relationships. One family will be chosen as **Family of the Year**, and two families will be chosen as **distinguished finalists**.

Nominations

Nominations from community organizations, professional groups, businesses and individuals are invited. **ALL nominees** will be acknowledged at the **Family of the Year Celebration dinner on Thursday, June 24, 2010 at the Radisson Hotel Utica Centre.**

Judging

The **Awards Selection Committee** has the responsibility of selecting the **2010 Family of the Year**.
(Judges are not Family Nurturing Center officials or staff).

209 Elizabeth Street, Paul Bldg. 4th FL., Utica, New York 13501
Phone: 315-738-9773, Fax: 315-738-1486, E-mail: admin@fncny.org

♥ For more information, contact Kathy at the **Family Nurturing Center** at **738-9773**.
Thank you for participating in the *19th Annual Family of the Year Celebration*

FAMILY OF THE YEAR AWARD NOMINATIONS

*Following the guidelines listed below, please type or print clearly a letter of nomination, describing why your nominee should be considered for the Family of the Year Award. Nominations must include a response to each of the *FIVE Nurturing Values listed below.*

Following receipt of your nomination, families will be interviewed by telephone.

Guidelines

Please address the following in your nomination:

1. A positive self worth is critical to the ability to nurture one's self, others and the environment. Parents and children who treat themselves with respect will in turn treat others with respect.
****Describe ways this family promotes self-esteem in children and demonstrates that they value and respect each other's thoughts, feelings and needs.***

2. Empathy forms the foundation of nurturing parenting and is the ability to be aware of the needs of others and to take positive actions on behalf of others.
****Describe ways this family demonstrates support, encouragement, acceptance, and positive communication.***

3. Children need to be empowered to make good choices and wise decisions through the development of personal power.
****Describe ways this family promotes independence, provides opportunities to learn responsibility in making choices and following through on commitments and encourages solving problems and making decisions together.***

4. Discipline is the practice of teaching children to be respectful, cooperative and to contribute to their family and society. Parental practices of discipline must model the sought after behavior of the child.
****Describe ways this family provides structure through family values, rules and guidance and uses alternatives to physical punishment (i.e. time out, loss of privilege, grounding, etc.).***

5. Humor, laughter and fun promote happiness in families, an optimistic view of life, an outlet for stress reduction, and the chance to make living together as a family enjoyable.
****Describe ways this family spends and enjoys quality leisure time together.***

Please attach this form to your letter of nomination

To make additional nominations, photocopy this form. Please complete and mail this form and letter of nomination, **no later than April 16, 2010 to: Family of the Year - Family Nurturing Center of Central NY, 209 Elizabeth St., Paul Bldg. 4th FL., Utica, NY 13501**

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| Complete the following and PRINT please: | | | Family's Address: | | |
| Family Name: | | | Street | City | Zip |
| Identify Family Members: | | | Family's Telephone: | | |
| Parents: | | | Home | Work | Cell |
| Mother | Father | | Nominator's Name & Address: | | |
| Children: | | | _____ | | |
| Name/Age | Name/Age | Name/Age | _____ | | |
| Name/Age | Name/Age | Name/Age | Telephone: Home | Work | Cell |
| Name/Age | | | Date | | |