

<b>Parent Handbook (NSFPHB)</b> Nurturing Skills for Families	<b>Easy Reader (ER)</b>
<b>Getting Started and Assessment</b> Page 1 Description and Orientation Page 3 Change, Growth and Letting Go Page 5 My Life Script	<i>No information</i> <i>No information</i> <i>No Information</i>
<b>Nurturing Parenting</b> Page 7 Nurturing as a Lifestyle Page 8 Nurturing Skills Rating Scale	Chapter 1 Nurturing as a Lifestyle Chapter 2 Nurturing Parenting
<b>Cultural Parenting Traditions</b> Page 9 My Cultural Portrait	<i>No Information</i>
<b>Developing Spirituality</b> Page 10 Ways to Increase Spirituality	<i>No Information</i>
<b>Making Good Choices</b> Page 11 Smoking and My Child's Health Page 13 Families & Alcohol Use Page 15 Families and Alcohol Use Questionnaire Page 16 12 Steps to Keeping Children Drug Free Page 17 Self-Awareness Quiz Page 18 Love, Sex, STDs and AIDS Page 23 Dating, Love and Rejection Page 25 Touch, Personal Space, and Date Rape Page 27 Possessive and Violent Relationships	<i>No information</i> Chapter 23 Families and Alcohol Abuse <i>No information</i> Chapter 24 Keeping Kids Drug Free <i>No information</i> <i>No information</i> <i>No information</i> <i>No information</i> Chapter 37 Possessive and Violent Relationships
<b>Growth and Development of Children</b> Page 28 Children's Brain Development  Page 31 The Male and Female Brain Page 32 Male & Female Brain Quiz Page 33 Ages & Stages: Appropriate Expectations Page 36 Ages & Stages: Infant Development Page 39 Ages & Stages: Toddler Development Page 43 Ages & Stages: Preschooler Development Page 46 Ages & Stages: Skills Strips Page 47 Feeding Young Children Nutritious Foods Page 50 Toilet Training Page 54 Keeping My Children Safe	Chapter 3 Critical Times for Brain Development & Chapter 4 What Every Child Needs <i>No information</i> <i>No Information</i> Chapter 5 Primary Areas of Development <i>No information</i> <i>No information</i> <i>No information</i> <i>No information</i> Chapter 30 Nurturing Toilet Training Chapter 36 Keeping My Children Safe
<b>The Importance of Touch</b> Page 60 The Importance of Parent/Child Touch Infant & Child Massage	<i>Refer to the Nurturing Book for Babies and Children</i>
<b>Developing Empathy</b> Page 61 Developing Empathy  Page 64 Getting My Needs Met Page 66 Myths and Facts About Spoiling Your Children	Chapter 6 Empathy & Chapter 7 Helping Children Develop Empathy Chapter 8 The Needs of Adults and Children Chapter 9 Spoiling Children
<b>Recognizing and Understanding Feelings</b> Page 68 Helping Children Handle Their Feelings  Page 69 "Feelings" Exercise Page 70 Criticism, Confrontation & Rules for Fair Fighting Page 73 Problem Solving, Decision Making, Negotiation & Compromise	Chapter 18 Recognizing and Understanding Feelings & Chapter 19 Helping Children Handle Feelings <i>No information</i> Chapter 34 Criticism and Confrontation Chapter 35 Problem Solving, Decision Making, Negotiation & Compromise
<b>Managing and Communicating Feelings</b> Page 78 Understanding and Handling Stress Page 81 Understanding and Expressing Anger	Chapter 20 Handling Stress Chapter 21 Understanding and Handling Anger & Chapter 22 Teaching Children to Express Anger

<b>Parent Handbook (NSFPHB)</b> Nurturing Skills for Families	<b>Easy Reader (ER)</b>
<b>Understanding Discipline</b> Page 84 Improving Self-Worth Page 86 Measuring My Self-Worth Page 87 Children's Self-Worth Page 89 Ten Ways to Improve Children's Self-Worth Page 90 Developing Personal Power in Children and Adults Page 92 Helping Children Manage Their Behavior Page 95 Understanding Discipline Page 97 Developing Family Morals and Values Page 99 Developing Family Rules Page 102 Child Proofing Your Home Page 105 Home Safety Checklist Page 106 Safety Reminders by Age	Chapter 31 Improving Self-Worth <i>No information</i> Chapter 31 Improving Self-Worth <i>No information</i> Chapter 32 Building Personal Power Chapter 33 Helping Children Manage Their Behavior Chapter 10 Discipline with Dignity Chapter 11 Morals, Values & Family Rules Chapter 11 Morals, Values & Family Rules Chapter 36 Keeping My Children Safe Chapter 36 Keeping My Children Safe Chapter 36 Keeping My Children Safe
<b>Rewards and Punishments</b> Page 107 Using Rewards to Guide and Teach Children Page 110 Using Punishments to Guide and Teach Children Page 113 Praising Children and Their Behavior Page 115 Time Out	Chapter 13 Using Rewards to Guide Children Chapter 14 Using Punishments to Guide Children Chapter 12 Praising Children and Their Behavior Chapter 15 Time-Out
<b>Punishing Children's Inappropriate Behavior</b> Page 117 Why Parent Spank Their Children Page 120 Verbal and Physical Redirection Page 123 Ignoring Inappropriate Behavior	Chapter 16 Why Parents Spank Chapter 17 Verbal & Physical Redirection <i>No information</i>
<b>Developing Nurturing Parenting Routines</b> Page 125 Establishing Nurturing Parenting Routines Page 126 Nurturing Diapering and Dressing Routine Page 128 Nurturing Feeding Time Routine Page 130 Nurturing Bath Time Routine Page 133 Nurturing Bed Time Routine	Chapter 25 Establishing Nurturing Parenting Routines Chapter 26 Diapering and Dressing Routines Chapter 27 Feeding Time Routine Chapter 28 Bath Time Routine Chapter 29 Bedtime Routine
<b>Prenatal Parenting</b> Page 136 Changes in Me and You Page 138 Body Image Page 140 Keeping Our Bodies and Babies Healthy Page 142 Health and Nutrition Page 148 Fetal Development	<i>No information</i> <i>No information</i> <i>No information</i> <i>No information</i> <i>No information</i>
<b>Foster and Adoptive Parents</b> Page 152 Foster & Adoptive Children: Attachment, Separation, & Loss Page 154 Expectations on Foster and Adopted Children Page 155 Worksheet for Adoptive Parents Page 157 Worksheet for Foster Parents	<i>No information</i> <i>No information</i> <i>No information</i> <i>No information</i>