

Nurturing Skills for Families

Create a Competency Based Nurturing Parenting Program to meet the Specific Parenting Needs of Families

Ideal for use in:

- Short-term Intensive Home Visitation Programs
 - Long-term home-based programs like Healthy Families, Healthy Start, Head Start, & Even Start
 - Parent Education Programs and Workshops
 - High School & College Child Development Classes
 - Continuing Education Trainings
- **80 Nurturing Parenting Skill Lessons** to choose from to create a parenting program for families that meets their specific needs.
 - **Competency-based** instruction helps parents learn the basic skills of Nurturing Parenting, a proven evidenced based program.
 - **Instructional lessons run 60 to 90 minutes** that can be taught in group-based programs, home-based programs, or a combination group and home-based program.
 - The **Adult-Adolescent Parenting Inventory (AAPI-2)** and the **Nurturing Skills Competency Scale (NSCS)** are built in assessment tools to assess parenting beliefs, knowledge and skills.
 - Measure the impact of the program with **pre, post and process assessment** tools.
 - The **Family Nurturing Plan (FNP)** promotes a partnership between parents and professionals to work together in creating a parenting program that meets the specific needs of the family.
 - Parents need to demonstrate competence in the **Core Lessons** that form the foundation of Nurturing Parenting.
 - **Increase parental commitment** in attending and participating in learning nurturing parenting beliefs, knowledge and skills.

**80 Lessons presented
in 15 Nurturing Parenting Skill Areas**

**Specific Lessons for Prenatal Parents,
Foster and Adoptive Families,
and Parents with Special Learning Needs**

Parent Handbook

Up-to-date information in an easy to read format for parents and parent educators. *This is also an IDEAL book for any parent to use on their own to help build a healthy, happy family.*

Easy Reader Parent Handbook

The Easy Reader Parent Handbook was developed to make Nurturing Parenting easy for parents and practitioners to understand and practice. There are 37 chapters which present the concepts and techniques of Nurturing Parenting in a step-by-step format utilizing drawings of parents and children. The drawings serve as a visual stimulus to help parents remember how to use the skill. Minimal words are used when possible.

Lesson Guide for Parents

One: Getting Started and Assessment

Welcome; Hopes & Fears; Orientation; Assessing Parenting Strengths; Change, Growth & Letting Go; About Me; My Life Script

Two: Nurturing Parenting

Nurturing as a Lifestyle; Nurturing Parenting

Three: Cultural Parenting Traditions

A Celebration of Culture; My Cultural Values; Cultural Parenting Practices

Four: Developing Spirituality in Parenting

Spirituality and Family; Ways to Increase Spirituality; Spirituality and Culture; Nurturing Parenting Builds Spirituality

Five: Making Good Choices

Smoking and My Child's Health; Families and Alcohol; Keeping Kids Drug Free; Our Bodies and Sex; Love, Sex, STDs and AIDS; Dating, Love and Rejection, Touch, Personal Space and Date Rape, Possessive and Violent Relationships

Six: Growth and Development of Children

Children's Brain Development; The Male & Female Brain; Expectations and Development of Children; Ages and Stages: Infant Development; Ages and Stages: Toddler Development; Ages and Stages: Preschooler Development; Skill Strips and Review; Nutrition and Mealtime; Toilet Training; Keeping Children Safe

Seven The Importance of Touch

The Importance of Parent/Child Touch; Infant and Child Massage; Body Map: Examining Touch History

Eight: Developing Empathy

Developing Empathy; Parents' and Children's Needs; Spoiling Your Children

Nine: Managing and Communicating Feelings

Recognizing and Understanding Feelings; Helping Children Learn to Handle Their Feelings; Criticism and Confrontation; Problem Solving, Decision Making, Negotiation and Compromise

Ten: Managing Anger and Stress

Understanding and Handling Stress; Understanding and Expressing Anger; Stress Relaxation: Sanctuary; Stress Relaxation: Blue Light

Eleven: Understanding Discipline

Improving Self-Worth; Building Personal Power; Power Struggles; Helping Children Manage Their Behavior; Understanding Discipline; Developing Family Morals and Values; Developing Family Rules; Child Proofing Your Home

Twelve: Rewards and Punishments

Rewarding Children and Their Behavior; Punishing Children's Behavior; Praising Children and Their Behavior; Time-Out

Nurturing Skills for Families™

Stephen J. Bavolek, Ph.D.

Thirteen: Alternatives to Spanking

Why Parents Spank Their Children; Alternatives to Spanking; Verbal & Physical Redirection; Ignoring Inappropriate Behavior

Fourteen: Establishing Nurturing Parenting Routines

Establishing Nurturing Parenting Routines; Establishing a Nurturing Diapering and Dressing Routine; Establishing a Nurturing Feeding Time Routine; Establishing a Nurturing Bath Time Routine; Establishing a Nurturing Bed Time Routine

Fifteen: Celebration and Assessment

Closing Ceremony

Sixteen: Prenatal Parents

Being Pregnant; Changes in Me and You; Body Image; Keeping Our Bodies and Babies Healthy; Health and Nutrition; Fetal Development and Fears

Seventeen: Foster & Adoptive Parents

"Conceiving" Foster or Adoptive Children; Being a Foster or Adoptive Parent; Bonding with Foster and Adoptive Children; Attachment, Separation and Loss; Integrating Children into a Family; Expectations on Foster and Adopted Children; Setting Up Parent Visitations

Eighteen: Working with Developmentally Disabled and Special Needs Parents

Assessment Inventories

Parenting Inventory (AAPI-2)

Online Version. Two 40-item inventories (Forms A & B) designed to assess the parenting and child rearing attitudes of adult and teen parents. (60 administrations)

Nurturing Skills Competency Scale

The NSCS is a comprehensive criterion-referenced inventory designed to assess family characteristics, functioning and history, along with knowledge and frequency of use of Nurturing Parenting practices. The NSCS provides important information that research studies indicate correlates highly with family violence and dysfunction.

Family Nurturing Plan

Parent educators and parents work together in creating a parenting program. Using the information generated from the pre assessments, a Family Nurturing Plan is developed as a joint effort thereby increasing the parents' commitment and participation. The post assessments are designed to ensure parents have learned the skills and are using them.

DVD Series

Nurturing Parenting DVD for Parents of Infants, Toddlers and Preschoolers (20-Part DVD Series)

Nurturing Parenting Philosophy; Developmental States and Expectations of Children; Developing Empathy; Personal Power; Establishing Discipline, Morals, Values and Family Rules; Understanding and Using Rewards and Punishments; Establishing Nurturing Parenting Routines for Eating, Dressing, Bedtime and Tubby Time; and Teaching Appropriate Children the Dangers of Drugs and Alcohol. NP2DVD

Nurturing Parenting DVD for Parents of School-Age Children (10 part DVD Series)

Nurturing Parenting/Family Morals, Values & Rules; Praising Children and Their Behavior/Discipline, Rewards and

Punishment; Personal Power/Why Parents Spank Their Children; Choices and Consequences/Owning and Communicating Feelings; Ignoring Irritating Behavior/Drinking and Parenting Don't Mix. NP1DVD

Nurturing Touch: Intro to the Art of Infant Massage

20-minute instructional DVD describing benefits of massaging infants with easy-to-use strokes on the back and legs. English/Spanish Handbook. IFM-SDVD

Alternatives to Spanking Series:

I'm Only Doing This For Your Own Good (40 minutes)

Teaches parents alternatives to hitting, shaking and spanking babies, toddlers, and preschoolers. SPK2DVD

Red, White and Bruises (15 minutes)

Parents understand why spanking is a dangerous parenting practice to use. SPK1DVD

This Hurts Me More Than It Hurts You (40 minutes)

A three-part interactive DVD teaching parents alternatives to spanking and slapping their school-age children. SPK3DVD

Spare the Rod, Spoil the Child (15 minutes)

Teaches parenting techniques and attitudes that work more effectively than corporal punishment in promoting healthy, desirable behaviors in children. SPK5DVD

My Way or the Highway (16 minutes)

Teaches parents and teenagers alternatives to hitting, yelling and name-calling. SPK4DVD

To Order the Nurturing Skills for Families Program

All items are included in a complete program and sold separately.

	Code	Each	Total
Manuals			
1 Lesson Guide for Parents	NSFLGP	\$ 25.00	\$ 25.00
1 Lesson Guide for Children	NSFLGC	\$ 25.00	\$ 25.00
15 Parent Handbooks	NSFPBH	\$ 15.00	\$225.00
OR			
15 Easy Reader Parent Handbooks (4 th grade reading level)	NPER	\$ 15.00	\$225.00
15 Nurturing Books for Babies and Children	NBBC	\$ 15.00	\$225.00
Assessments			
1 Family Nurturing Plan (CD)	FNPCD	\$ 50.00	\$ 50.00
1 Nurturing Skills Competency Scale	NSF-NSCS	\$ 50.00	\$ 50.00
1 AAPI Online (60 administrations)	AOL-KIT	\$150.00	\$150.00
DVDs			
1 Parenting DVDs for Infants, Toddlers, and Preschoolers	NP2DVD	\$385.00	\$385.00
1 Parenting DVDs for School-Age Children	NP1DVD	\$375.00	\$375.00
1 Alternatives to Spanking Series	SPK-DVD	\$275.00	\$275.00
1 Nurturing Touch Into to the Art Of Infant Massage	IFM-S	\$ 24.95	\$ 24.95
Resource Materials			
1 Nurturing Game	NG	\$ 25.00	\$ 25.00
1 Dynamic Doer Card Game	DD	\$ 10.00	\$ 10.00
2 Ask It-Tell It Game	ASK	\$ 10.00	\$ 20.00
1 Scary Touch Dolls	SD	\$ 10.00	\$ 10.00
1 Our Bodies (3-7 years)	OB2	\$ 15.00	\$ 15.00
1 Set of Nurturing Coloring Books	CB	\$ 25.00	\$ 25.00
1 Visualization CD	V-CD	\$ 10.00	\$ 10.00
Total Kit Price	NP-NSF		\$1,929.95