

Table of Contents

Home Visitor's Instructional Manual

Nurturing Parenting Lessons by AAPI-2 Constructs.....	1
Family Nurturing Plan (FNP), Assessment and Implementation Suggestions	3
Lesson 1 Introductions, Hopes and Fears, Program Description, Assessment	10
Lesson 2 Family Nurturing Plan: Assessment Review and Planning	15
Lesson 3 Nurturing Parenting	18
Lesson 4 Nurturing as a Lifestyle.....	22
Lesson 5 Children's Brain Development	26
Lesson 6 Building Parent-Child Bonding and Attachment.....	29
Lesson 7 Ages and Stages: Expectations and Development of Children	33
Lesson 8 Ages and Stages: Infant Development	36
Lesson 9 Ages and Stages: Toddler Development	38
Lesson 10 Ages and Stages: Preschooler Development	40
Lesson 11 Ages and Stages: School-Age Development.....	42
Lesson 12 "Skills Strips" Developmental Review	44
Lesson 13 Male & Female Brain.....	47
Lesson 14 Developing Empathy in Children	50
Lesson 15 Meeting Our Needs and the Needs of Our Children	54
Lesson 16 Recognizing and Understanding Feelings	58
Lesson 17 Helping Your Children Handle Their Feelings.....	62
Lesson 18 Spoiling Your Children.....	65
Lesson 19 Improving Children's Self-Worth.....	68
Lesson 20 Developing Personal Power in Children and Adults.....	73
Lesson 21 Understanding Discipline.....	77
Lesson 22 Red, White & Bruises: Why Parents Spank Their Children	80
Lesson 23 Developing Family Morals and Values	83
Lesson 24 Developing Family Rules.....	86
Lesson 25 Rewarding Children and Their Behavior	89
Lesson 26 Punishing Children's Behavior	93
Lesson 27 Praising Children and Their Behavior	97

Lesson 28 Infant and Child Massage	100
Lesson 29 Time Out	103
Lesson 30 Child Proofing Your Home	106
Lesson 31 Verbal and Physical Redirection	109
Lesson 32 Establishing Nurturing Parenting Routines	112
Lesson 33 Establishing a Nurturing Diapering and Dressing Routine.....	115
Lesson 34 Establishing a Nurturing Feeding Time Routine and Feeding Children Nutritious Foods	118
Lesson 35 Establishing a Nurturing Bath Time Routine	121
Lesson 36 Establishing a Nurturing Bedtime Routine	124
Lesson 37 Our Bodies and Sex	127
Lesson 38 Personal Space and Saying “NO”.....	131
Lesson 39 Keeping Our Children Safe	135
Lesson 40 Understanding and Handling Stress	140
Lesson 41 Helping Children Manage Their Behavior	143
Lesson 42 Managing Anger.....	147
Lesson 43 I’m Only Doing This For Your Own Good: Alternatives to Spanking.....	151
Lesson 44 Ignoring.....	153
Lesson 45 Possessive and Violent Relationships	156
Lesson 46 Body Map	159
Lesson 47 Families and Alcohol	162
Lesson 48 Keeping Kids Drug Free	165
Lesson 49 Criticism and Confrontation	169
Lesson 50 Problem Solving, Decision Making, Negotiation and Compromise.....	172
Lesson 51 People, Possessions and Positive Self-Talk	176
Lesson 52 Smoking and My Child’s Health	179
Lesson 53 Toilet Training.....	182
Lesson 54 Love, Sex, STDs and AIDS	185
Lesson 55 Assessment, Certificates and Closing.....	189
Home Practice Assignments	192