

Nurturing Parenting® Programs
Family Development Resources, Inc.

Family Nurturing Plan

Individualized Parenting Progress and Competency Record

2026 Edition

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**A Family-Centered Planning and Progress
Record Supporting:**

**Individualized Family Growth
Competency-Based Learning
Implementation Fidelity
Continuous Quality Improvement**



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Individualized Parenting Progress and Competency Record

Family Information

Agency: _____

Facilitator: _____

Program: _____

Curriculum Used: _____

Delivery Environment: ☐ Group Program
☐ Home Visiting
☐ Virtual
☐ Hybrid

Family Name: _____

Parent/Caregiver(s): _____

Child(ren):

Name	Age	Relationship
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Program Start Date: _____

Projected Completion Date: _____

Actual Completion Date: _____

Introduction

The **Family Nurturing Plan** provides a structured, family-centered framework for documenting individualized parenting goals, monitoring competency development, and celebrating family growth throughout participation in the **Nurturing Parenting® Programs**. Designed for use across all Nurturing Parenting® Program models and delivery environments, it serves as a collaborative planning, documentation, and progress record that supports individualized planning, meaningful documentation, and continuous family growth.

Purpose

The ***Family Nurturing Plan: Individualized Parenting Progress and Competency Record*** is a living document used throughout participation in the Nurturing Parenting® Programs.

The purpose of the *Family Nurturing Plan* is to assist facilitators and families in working together to identify parenting strengths, establish individualized parenting goals, monitor progress toward developing nurturing parenting competencies, and document meaningful growth over time.

Rather than measuring only attendance or session completion, the *Family Nurturing Plan* focuses on the development of nurturing parenting knowledge, attitudes, skills, and behaviors that support healthy family relationships.

The *Family Nurturing Plan* should be completed collaboratively by the facilitator and the participating parent(s) or caregiver(s). Information gathered from standardized assessments, facilitator observations, parent self-reflection, family practice activities, and demonstrated parenting competencies should all be considered when documenting progress.

Because every family enters the program with unique strengths, experiences, and goals, the *Family Nurturing Plan* is individualized for each family. The plan may be updated throughout participation as new strengths emerge, goals are achieved, or additional support is identified.

The *Family Nurturing Plan* may be used with any Nurturing Parenting® Program regardless of:

- Program model
- Curriculum
- Number of sessions
- Delivery environment (group, home visiting, virtual, or hybrid)
- Funding source

The document is intended to support family growth while promoting implementation fidelity, individualized planning, and continuous quality improvement. Together, these elements create a meaningful record of each family's journey toward developing nurturing parenting competencies, strengthening family relationships, and achieving lasting positive change.

Guiding Principles for Documentation

The *Family Nurturing Plan* is based upon the following principles:

- Every family possesses strengths upon which growth can be built.
 - Parenting skills can be learned, strengthened, and practiced over time.
 - Families make progress at different rates.
 - Meaningful change occurs through practice, reflection, encouragement, and support.
 - Parenting goals should be individualized to meet each family's unique needs.
 - Progress should be documented using multiple sources of information, including standardized assessments, parent self-reflection, facilitator observations, and demonstrated parenting behaviors.
 - The *Family Nurturing Plan* is intended to guide and support learning—not to judge or penalize families.
-

Instructions for Facilitators

The *Family Nurturing Plan* should be initiated at the beginning of the program and reviewed regularly throughout implementation.

Unless otherwise indicated, the Family Nurturing Plan is completed by the facilitator in collaboration with the participating parent(s) or caregiver(s). Information throughout the plan reflects assessment results, facilitator observations, collaborative discussion, and demonstrated parenting competencies. Sections intended to capture the parent's perspective or commitment may be completed by the parent(s) or documented by the facilitator during discussion, depending on the program model and agency practice.

Facilitators should:

- Complete the Family Information page.
- Review assessment results with participating parents when appropriate.
- Collaboratively identify parenting strengths and priority growth areas.
- Develop individualized parenting goals.
- Document progress toward parenting competencies throughout the program.

- Update the plan during midpoint and final reviews.
- Celebrate family growth while identifying opportunities for continued learning after program completion.

The completed *Family Nurturing Plan* becomes a record of the family's accomplishments and may assist facilitators in planning individualized support, documenting progress, and evaluating overall program outcomes.

Begin the Assessment.

I. Initial Assessment

The Initial Assessment establishes the foundation for the *Family Nurturing Plan*. Completed collaboratively by the facilitator and participating parent(s) or caregiver(s), it uses assessment results, facilitator observations, family strengths, protective factors, and family priorities to develop individualized parenting goals and guide implementation throughout the Nurturing Parenting® Program.

The purpose of the Initial Assessment is not to identify deficits, but to recognize strengths, understand family priorities, and develop an individualized plan for growth.

1. Family Information

Assessment Date: _____

Facilitator: _____

Program: _____

Delivery Environment: ☐ Group Program
☐ Home Visiting
☐ Virtual
☐ Hybrid

2. Assessment Information

Complete all assessment information applicable to this family.

Assessment	Version	Date Completed
<i>Adult-Adolescent Parenting Inventory (AAPI)</i>	_____	_____
<i>Nurturing Skills Competency Scale (NSCS)</i>	_____	_____
Family Interview	_____	_____
Facilitator Observation	_____	_____
Agency Assessment	_____	_____
Other:	_____	_____

3. **Family Strengths**

Every family possesses strengths that provide a foundation for growth. Describe the family's strengths.

4. **Protective Factors**

Identify protective factors that support the family's ability to provide a safe, healthy, and nurturing environment.

5. **Assessment Summary**

Based upon all available information, summarize the family's current parenting strengths and areas that may benefit from additional support.

Parent **Knowledge**: _____

Parenting **Attitudes**: _____

Parenting **Skills**: _____

Parenting **Behaviors**: _____

6. Family Priorities

Working together, identify the parenting priorities that are most important to the family currently.

Priority 1: _____

Priority 2: _____

Priority 3: _____

Additional priorities: _____

7. Family Vision

Ask the parent(s) or caregiver(s):

“When you complete the Nurturing Parenting® Program, what would you most like to be different for you and your family?”

Parent Response: _____

8. Initial Planning Summary

Based upon the Initial Assessment, summarize the primary focus of the *Family Nurturing Plan*.

Priority parenting behaviors to strengthen: _____

Parenting competencies to develop: _____

Family strengths that will support success: _____

9. Facilitator Summary

Provide an overall summary of the family's current strengths, identified priorities, readiness for participation, and recommendations for developing the *Family Nurturing Plan*.

Priority Goals for the Program

Following completion of the Initial Assessment, collaboratively develop individualized parenting goals that reflect the family's strengths, priorities, and desired outcomes. These goals become the foundation of the *Family Nurturing Plan* and guide competency development throughout participation in the **Nurturing Parenting® Program**.

Working together, identify the parenting skills and family goals that are the highest priorities during participation in the program.

Priority #1: _____

Priority #2: _____

Priority #3: _____

Additional Priorities (if applicable): _____

Facilitator Notes: _____

II. Individualized Parenting Goals

The purpose of this section is to establish individualized parenting goals based on the family's strengths, assessment results, identified needs, and priorities. Goals should be developed collaboratively with the parent(s) or caregiver(s) and reviewed throughout participation in the **Nurturing Parenting® Program**.

Whenever possible, goals should focus on observable parenting behaviors that support nurturing family relationships.

GOAL 1

Target Parenting Behavior: _____

Why This Goal Is Important: _____

Strategies We Will Use:

- ☐ Program participation
- ☐ Family Practice activities
- ☐ Parent Handbook
- ☐ Family Nurturing Journal
- ☐ Modeling
- ☐ Role-playing
- ☐ Home practice
- ☐ Coaching
- ☐ Community resources
- ☐ Other: _____

Indicators of Success: (How will we know progress is being made?)

- ☐ Parent demonstrates the targeted parenting behavior.
- ☐ Parent reports increased confidence.
- ☐ Facilitator observes improvement.
- ☐ Child responds positively.
- ☐ Parent consistently practices the new skill.
- ☐ Other: _____

Date and Progress Notes: _____

GOAL 2

Target Parenting Behavior: _____

Why This Goal Is Important: _____

Strategies We Will Use:

- ☐ Program participation
- ☐ Family Practice activities
- ☐ Parent Handbook
- ☐ Family Nurturing Journal
- ☐ Modeling
- ☐ Role-playing
- ☐ Home practice
- ☐ Coaching
- ☐ Community resources
- ☐ Other: _____

Indicators of Success: (How will we know progress is being made?)

- ☐ Parent demonstrates the targeted parenting behavior.
- ☐ Parent reports increased confidence.
- ☐ Facilitator observes improvement.
- ☐ Child responds positively.
- ☐ Parent consistently practices the new skill.
- ☐ Other: _____

Date and Progress Notes: _____

GOAL 3

Target Parenting Behavior: _____

Why This Goal Is Important: _____

Strategies We Will Use:

- ☐ Program participation
- ☐ Family Practice activities
- ☐ Parent Handbook
- ☐ Family Nurturing Journal
- ☐ Modeling
- ☐ Role-playing
- ☐ Home practice
- ☐ Coaching
- ☐ Community resources
- ☐ Other: _____

Indicators of Success: (How will we know progress is being made?)

- ☐ Parent demonstrates the targeted parenting behavior.
- ☐ Parent reports increased confidence.
- ☐ Facilitator observes improvement.
- ☐ Child responds positively.
- ☐ Parent consistently practices the new skill.
- ☐ Other: _____

Date and Progress Notes: _____

Additional Individualized Goals (Optional)

Additional goals may be added as families identify new priorities during participation in the program.

GOAL: _____

Action Steps: _____

Progress: _____

GOAL: _____

Action Steps: _____

Progress: _____

GOAL: _____

Action Steps: _____

Progress: _____

III. Family Commitment

"We agree to actively participate in the Nurturing Parenting® Program, practice the skills we are learning, and work together toward achieving the goals identified in our Family Nurturing Plan."

Parent/Caregiver Signature: _____ **Date:** _____

Parent/Caregiver Signature: _____ **Date:** _____

Facilitator Signature: _____ **Date:** _____

IV. Parenting Competency Record

The Parenting Competency Record is used to document progress toward developing nurturing parenting knowledge, attitudes, skills, and behaviors throughout participation in the Nurturing Parenting® Program.

Complete one Competency Record for each major parenting competency addressed during the program. Competencies may be completed in any order and may represent one or multiple lessons, depending upon the curriculum being used.

1. Parenting Competency Name: _____

2. Related Program Session(s) or Topic(s): _____

3. Date(s) Addressed: _____

4. Competency Description: Briefly describe the parenting knowledge, attitude, skill, or behavior being developed.

5. Learning Outcome:

At the completion of this competency, the parent(s) or caregiver(s) will be able to:

- ☐ Describe the concept.
- ☐ Demonstrate the parenting skill.
- ☐ Apply the parenting skill consistently.
- ☐ Recognize when to use the parenting skill.
- ☐ Teach or model the parenting skill for family members.
- ☐ Other: _____

6. Parent Self-Reflection:

How confident do you feel using this parenting skill?

- ☐ Not Yet
- ☐ Beginning
- ☐ Developing
- ☐ Confident
- ☐ Very Confident

What have you learned? _____

What changes have you noticed in yourself or your family? _____

7. Facilitator Observation:

Based upon observations, discussion, practice activities, and participation, the parent demonstrates:

- ☐ Limited understanding
- ☐ Developing understanding
- ☐ Demonstrates competency with support
- ☐ Demonstrates competency independently
- ☐ Demonstrates competency consistently

Examples observed: _____

8. Family Practice Between Sessions:

Describe the activities completed to practice this parenting competency outside of the program.

Parent Reflection Regarding Home Practice: _____

9. Evidence of Growth

Examples demonstrating progress toward this competency:

- ☐ Increased confidence
- ☐ Improved parent-child interaction
- ☐ Positive communication
- ☐ Consistent use of parenting strategies
- ☐ Improved emotional regulation
- ☐ Increased empathy
- ☐ Appropriate expectations
- ☐ Safer parenting practices
- ☐ Strengthened family relationships
- ☐ Other:

Comments: _____

10. Additional Support Needed

Does the parent need additional opportunities to strengthen this competency?

- ☐ No additional support needed.
- ☐ Continue practicing independently.
- ☐ Review during a future session.
- ☐ Additional coaching recommended.
- ☐ Referral to additional services recommended.

Comments: _____

11. Competency Status

- ☐ Competency Introduced
- ☐ Competency Developing
- ☐ Competency Demonstrated
- ☐ Competency Consistently Demonstrated

Date Completed: _____

Facilitator Initials: _____

Notes: _____

V. Family Practice Record and Family Nurturing Journal

The Family Practice Record and Family Nurturing Journal are designed to support families as they practice nurturing skills between sessions.

Family Practice Record

Date: _____

Parenting Skill Practiced: _____

Describe the situation: _____

What worked well? _____

What was challenging? _____

What did I learn? _____

What will I try next time? _____

Facilitator Comments (optional): _____

Authorized purchasers of this publication may reproduce the designated Family Practice Record forms for use with families participating in their Nurturing Parenting® Program. All other reproduction requires written permission from Family Development Resources, Inc.

VI. Family Follow-Up Plan

Completing the Nurturing Parenting® Program is an important milestone. Parenting is a lifelong journey, and families continue to grow long after formal services have ended. This plan helps families identify the parenting skills they wish to continue strengthening and the supports available to them.

My Family's Next Steps

1. Parenting skills we will continue practicing: _____

2. Family routines we want to continue: _____

3. Goals for the next three months:

4. People who will support our family:

- ☐ Partner
- ☐ Family members
- ☐ Friends
- ☐ School
- ☐ Faith community
- ☐ Community organization
- ☐ Therapist/Counselor
- ☐ Parent support group
- ☐ Other: _____

5. Community resources we may use: _____

Continuing Family Commitment

“As a family, we are committed to continuing to build nurturing relationships by practicing the parenting skills we have learned, supporting one another through challenges, and celebrating our successes together.”

Parent/Caregiver Signature: _____

Date: _____

Facilitator Signature: _____

Date: _____

Confidentiality Statement

The ***Family Nurturing Plan: Individualized Parenting Progress and Competency Record*** contains confidential family information and should be maintained in accordance with agency policies, applicable federal and state confidentiality requirements, and professional standards governing client records.

This document is intended to support collaborative planning, document parent growth, and guide the development of nurturing parenting knowledge, attitudes, skills, and behaviors. Information contained within this record should be shared only with individuals who are authorized to access the information or with the written consent of the participating parent(s) or caregiver(s), as permitted by law and agency policy.

VII. Midway Benchmark Assessment

The Midway Benchmark Assessment provides a structured review of progress toward individualized parenting goals and demonstrated parenting competencies. Completed approximately halfway through the program, it is used to celebrate accomplishments, identify continuing opportunities for growth, and revise the *Family Nurturing Plan* when appropriate.

Assessment Information

1. **Assessment Date:** _____

2. **Facilitator:** _____

3. **Program:** _____

4. **Delivery Environment:**

- ☐ Group
- ☐ Home Visiting
- ☐ Virtual
- ☐ Hybrid

5. **Assessment(s) Completed**

Assessment	Version	Date Completed
<i>Nurturing Skills Competency Scale (NSCS)</i> Short Form		
<i>Adult-Adolescent Parenting Inventory (AAPI)</i> (if applicable)		
Other Assessment:		

6. **Progress Since the Initial Assessment**

Describe the most significant changes observed since program entry.

Parenting Knowledge: _____

Parenting Attitudes: _____

Parenting Skills: _____

Parenting Behaviors: _____

7. Progress Toward Individualized Parenting Goals

Goal	Current Progress	Status
Goal 1	_____	☐ On Track ☐ Needs Revision
Goal 2	_____	☐ On Track ☐ Needs Revision
Goal 3	_____	☐ On Track ☐ Needs Revision

8. Parenting Competencies Demonstrated

Which parenting competencies have been demonstrated consistently? _____

9. Continuing Areas for Growth

What parenting competencies continue to require practice or support? _____

10. Parent Reflection

Since the beginning of the program ...

The greatest change I have noticed is: _____

The parenting skills I feel most confident using are: _____

The parenting skills I would like to continue strengthening are: _____

11. Family Nurturing Plan Review

Based upon this benchmark assessment:

- ☐ Continue the current *Family Nurturing Plan*.
- ☐ Revise one or more parenting goals.
- ☐ Add additional parenting goals.
- ☐ Increase opportunities for guided practice.
- ☐ Recommend additional supports or services.

Describe any revisions: _____

12. Facilitator Summary

Summarize the family's progress, current strengths, and recommendations for the remainder of the program.

VIII. Final Assessment

The Final Assessment is completed at the conclusion of the Nurturing Parenting® Program to summarize parent growth, demonstrated parenting competencies, progress toward individualized parenting goals, and recommendations for continued success. Completed collaboratively by the facilitator and participating parent(s) or caregiver(s), it integrates assessment results, facilitator observations, parent self-reflection, Family Practice activities, and competency development documented throughout program participation.

1. Final Assessment Information

Program Completion Date: _____

Facilitator: _____

Program: _____

Delivery Environment

- ☐ Group
- ☐ Home Visiting
- ☐ Virtual
- ☐ Hybrid

2. Final Assessment Results

Assessments Completed	Version	Date Completed
<i>Adult-Adolescent Parenting Inventory (AAPI)</i>		
<i>Nurturing Skills Competency Scale (NSCS)</i>		
Other Assessment:		

3. Growth Since the Initial Assessment

Describe the most significant changes observed since the Initial Assessment.

Parenting Knowledge: _____

Parenting Attitudes: _____

Parenting Skills: _____

Parenting Behaviors: _____

4. Progress Toward Individualized Parenting Goals

For each goal established in the Family Nurturing Plan, summarize the family's progress.

Goal	Progress	Status
Goal 1		☐ Achieved ☐ In Progress
Goal 2		☐ Achieved ☐ In Progress
Goal 3		☐ Achieved ☐ In Progress

Additional Comments: _____

5. Parenting Competencies Demonstrated

Describe the parenting competencies consistently demonstrated during participation in the program.

Examples of demonstrated parenting behaviors: _____

6. Family Strengths at Program Completion

Identify the family's current strengths and protective factors: _____

7. Parent Reflection

Looking back over my participation in the Nurturing Parenting® Program...

The greatest change I see in myself is: _____

The greatest positive change in my family is: _____

The parenting skill I will continue practicing is: _____

One thing I want to remember after completing this program is: _____

8. Facilitator Summary

Provide an overall summary of the family's participation, demonstrated parenting growth, and readiness to continue using nurturing parenting practices.

9. Recommendations for Continued Growth

Recommended next steps:

- ☐ Continue practicing the parenting skills learned during the program.
- ☐ Continue using the Family Nurturing Journal.
- ☐ Review the *Family Nurturing Plan* periodically.
- ☐ Participate in additional parenting education.
- ☐ Participate in community support activities.
- ☐ Referral to additional family services.
- ☐ Other: _____

Additional Comments: _____

IX. Final Review

The Final Assessment has been reviewed with the participating parent(s) or caregiver(s), and recommendations for continued growth have been discussed.

Parent/Caregiver: _____ **Date:** _____

Parent/Caregiver: _____ **Date:** _____

Agency Representative (optional): _____ **Date:** _____

Compared to the Initial Assessment, describe the family's overall progress.

Parenting Strengths: _____

Priority Parenting Behaviors: _____

Areas Showing the Greatest Growth: _____

Areas for Continued Development: _____

Comments: _____

Document Information

Document Title: *Family Nurturing Plan: Individualized Parenting Progress and Competency Record.*

Purpose: A standardized, competency-based planning and progress record designed for use with all Nurturing Parenting® Programs across group-based, home visiting, virtual, and hybrid delivery environments.

Recommended Use: This document should be used in conjunction with the Nurturing Parenting® curriculum, the *Adult-Adolescent Parenting Inventory (AAPI)*, the *Nurturing Skills Competency Scale (NSCS)*, and other approved Family Development Resources implementation and fidelity resources.

Revised Edition 2026

Redesigned as a universal competency-based **Individualized Parenting Progress Record** supporting all Nurturing Parenting® Programs, delivery environments, and program lengths.

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