
Table of Contents: Adult Sessions

Session One	Introduction and Overview; Getting to Know You	6
	Orientation with Adults & Children	
	Getting to Know You	
	Orientation for Adults	
	Welcome to Holland Story	
	Home Practice: Ages and Stages	
	Program Family Time: Walking Together Through the Changes of Time	
	Home Family Time: Create a Family Vision and Motto	
	Week One Competencies – Use Competency Assessment Form	
Session Two	Brain Development; Ages and Stages; Comfort and Calming	20
	Well-being Check-in and Home Practice Review	
	Family Portraits	
	Brain Development; Ages and Stages; Infant, Toddler, Preschooler	
	Understanding Temperament and Attachment; Comfort and Calming	
	Home Practice: Self-Reflection (Affirmation, Temperament)	
	Program Family Time: Family Vision and Motto	
	Home Family Time: Attachment Activity; Sensory Comfort Kit	
	Week Two Competencies – Use Competency Assessment Form	
Session Three	Development School-Age; Family Interaction Patterns; Individual Differences; Grief and Loss	32
	Well-being Check-in and Home Practice Review	
	Ages and Stages: School-age Children	
	Family Interactive Patterns and Individual Differences	
	Labeling Children	
	Children’s Reactions to Grief and Loss	
	Home Practice: Observation; Conversation; Creating Positive Labels	
	Program Family Time: Row, Row, Row Your Boat	
	Home Family Time: Recognizing Strengths of Family Members	
	Week Three Competencies – Use Competency Assessment Form	
Session Four	Personal Power and Independence	48
	Well-Being Check-in and Home Practice Review	
	What I Love About My Life	
	Praise	
	Personal Power and Independence	
	Home Practice: Ten Strengths, Praise for Being and Doing, Power and Empowerment	
	Program Family Time: Praise Toss	
	Home Family Time: What I Love About Life	
	What I Love About My Life Activity Form (optional use)	
	Week Four Competencies – Use Competency Assessment Form	

Table of Contents: Adult Sessions

Session Five	Discipline	65
	Well-being Check-in and Home Practice Review	
	Understanding Discipline: Adverse and Positive Childhood Experiences	
	Understanding Discipline: Red, White, and Bruises	
	Procedural Support and Comfort Positions	
	Home Practice: Values and Priorities	
	Program Family Time: Planting the Garden	
	Home Family Time: Music and Movement	
	Week Five Competencies – Use Competency Assessment Form	
Session Six	Family Rules.....	78
	Well-being Check-in and Home Practice Review	
	Discipline with Dignity	
	Developing Family Rules/Expectations and Guidelines	
	Family Rules- Challenges and Quiet Time	
	Home Practice: Developing Family Rules, Rules and the Child with Challenges	
	Program Family time: Fun with Shaving Cream	
	Home Family Time: Family Rules	
	Week Six Competencies – Use Competency Assessment Form	
Session Seven	Health and Healing.....	91
	Well-being Check-in and Home Practice Review	
	Health and Healing	
	Cultural Considerations	
	Stages of Grief	
	Anticipatory Grief	
	Home Practice: Meaning, Competency and Support	
	Program Family Time: Traditions	
	Home Family Time: Develop A Tradition	
	Week Seven Competencies – Use Competency Assessment Form	
Session Eight	Feelings and Needs.....	106
	Well-being Check-in and Home Practice Review	
	Identifying and Expressing Feelings	
	Identifying and Meeting Your Needs	
	Nurturing Routines	
	Home Practice: Create a Nurturing Routine	
	Program Family Time: The Feeling Song	
	Home Family Time: Feeling Faces	
	Week Eight Competencies – Use Competency Assessment Form	

Table of Contents: Adult Sessions

Session Nine	Helping Children Cope; Socialization and Sibling Support.....	121
	Well-being Check-in and Home Practice Review	
	Helping Children Cope- Honor the Desire	
	Socialization and Inclusion	
	Sibling Support	
	Home Practice: Honor the Desire, Focus on Siblings	
	Program Family Time: Mindful Movement and Touchstones	
	Home Family Time: Fun with Bubbles	
	Week Nine Competencies – Use Competency Assessment Form	
Session Ten	Stress; Play, Health Challenges/Special Needs; Autism Awareness	136
	Well-being Check-in and Home Practice Review	
	Stress: Self and Children	
	Humor and Play	
	Understanding Differences/Autism Awareness	
	Home Practice: Stress Reduction	
	Program Family Time: Humor	
	Home Family Time: Creative and Fun Stress Support Activity	
	Week Ten Competencies – Use Competency Assessment Form	
Session Eleven	Communication and Advocacy.....	149
	Well-being Check-in and Home Practice Review	
	I Statements and You Messages	
	Understanding and Enhancing Language for the Child with Special Needs	
	Home Practice: Communication	
	Program Family Time: Marble Painting	
	Home Family Time: Scavenger Hunt	
	Week Eleven Competencies – Use Competency Assessment Form	
Session Twelve	Closure and Celebration.....	161
	Well-being Check-in and Home Practice Review	
	Family Portrait	
	Gains and Losses	
	Celebration – Part 1 Potluck Dinner (optional)	
	Celebration – Part 2 Awards Ceremony, Saying Good-bye, People Power	
	Week Twelve Competencies – Post-Inventory Follow-up: Use Competency Assessment Form	
Appendix A	Integrative Healthcare and Mindfulness Resources.....	169
Appendix B	General Resources.....	171
Appendix C	ACEs and PCEs Surveys	172

Table of Contents by CONSTRUCT: Adult Sessions

Construct A: Appropriate Expectations of Children

Icebreakers; Home Practice Check-Ins; Program Family Times; Home Practice Assignments	
Activity 2.3	Family Portraits.....23
Activity 2.4	Brain Development; Ages and Stages: Infant, Toddler, Preschooler.....24
Activity 2.5	Understanding Temperament and Attachment, Comfort and Calming.....27
Activity 3.3	Ages and Stages: School-Age.....35
Activity 3.4	Family Interaction Patterns and Individual Differences36
Activity 3.6	Children’s Reactions to Grief and Loss40
Activity 7.3	Health and Healing95
Activity 7.5	Stages of Grief.....100
Activity 8.5	Nurturing Routines.....116
Activity 9.3	Helping Children Cope125
Activity 9.4	Honor the Desire128
Activity 9.6	Sibling Support131

Construct B: Developing Empathy in Parents and Children

Icebreakers; Home Practice Check-Ins; Program Family Times; Home Practice Assignments	
Activity 1.4	Welcome to Holland Story14
Activity 2.3	Family Portraits.....23
Activity 2.5	Understanding Temperament and Attachment, Comfort and Calming.....27
Activity 3.4	Family Interaction Patterns and Individual Differences36
Activity 3.6	Children’s Reactions to Grief and Loss40
Activity 4.3	What I love About My Life.....51
Activity 4.4	Praise.....53
Activity 5.3	Understanding Discipline: ACEs PCEs69
Activity 5.5	Procedural Support and Comfort Positions74
Activity 6.3	Discipline with Dignity81
Activity 6.5	Discipline: Challenges and Quiet Time87
Activity 7.3	Health and Healing95
Activity 7.4	Cultural Considerations99
Activity 7.5	Stages of Grief.....100
Activity 8.3	Identifying and Expressing Feelings.....110
Activity 8.5	Nurturing Routines.....116
Activity 9.6	Sibling Support131
Activity 10.4	Humor and Play.....143
Activity 10.5	Understanding Differences144
Activity 11.3	I Statements, You Messages152
Activity 11.4	Understanding and Enhancing Language for the Child with Special Needs156
Activity 12.4	Gains and Losses165

Table of Contents by CONSTRUCT: Adult Sessions

Construct C: Discipline with Dignity

Icebreakers; Home Practice Check-Ins; Program Family Times; Home Practice Assignments	
Activity 6.4	Developing Family Rules/Expectations and Guidelines83
Activity 6.5	Discipline: Challenges and Quiet Time87
Activity 8.5	Nurturing Routines.....116
Activity 10.4	Humor and Play.....143
Activity 10.5	Understanding Differences144
Activity 11.4	Understanding and Enhancing Language for the Child with Special Needs156
Activity 1.3	Orientation: Adults 11
Activity 3.5	Labeling Children.....38
Activity 5.3	Understanding Discipline: ACEs PCEs69
Activity 5.4	Understanding Discipline: Red, White, and Bruises.....72
Activity 6.3	Discipline with Dignity.....81

Construct D: Self-Awareness and Appropriate Family Roles

Icebreakers; Home Practice Check-Ins; Program Family Times; Home Practice Assignments	
Activity 1.4	Welcome to Holland Story14
Activity 2.3	Family Portraits.....23
Activity 2.5	Understanding Temperament and Attachment, Comfort and Calming27
Activity 3.4	Family Interaction Patterns and Individual Differences36
Activity 4.3	What I love About My Life.....51
Activity 4.4	Praise.....53
Activity 5.3	Understanding Discipline: ACEs PCEs69
Activity 5.4	Understanding Discipline: Red, White, and Bruises.....72
Activity 6.3	Discipline with Dignity.....81
Activity 7.3	Health and Healing95
Activity 7.4	Cultural Considerations99
Activity 7.5	Stages of Grief.....100
Activity 8.3	Identifying and Expressing Feelings.....110
Activity 8.4	Identifying and Meeting Your Needs114
Activity 9.3	Helping Children Cope125
Activity 9.4	Honor the Desire128
Activity 10.3	Stress.....139
Activity 10.4	Humor and Play.....143
Activity 11.3	I Statements, You Messages152
Activity 12.3	Family Portrait164
Activity 12.4	Gains and Losses165

Table of Contents by CONSTRUCT: Adult Sessions

Construct E: Empowerment and Independence

Icebreakers; Home Practice Check-Ins; Program Family Times; Home Practice Assignments

Activity 1.1	Orientation: Adults and Children.....	7
Activity 3.5	Labeling Children.....	38
Activity 3.6	Children’s Reactions to Grief and Loss	40
Activity 4.3	What I love About My Life.....	51
Activity 4.4	Praise.....	53
Activity 4.5	Personal Power and Independence	56
Activity 5.5	Procedural Support and Comfort Positions	74
Activity 9.3	Helping Children Cope	125
Activity 9.4	Honor the Desire	128
Activity 9.5	Socialization and Inclusion	130
Activity 11.4	Understanding and Enhancing Language for the Child with Special Needs	156