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The Nurturing Parenting® Program for Parents and Their Children with Special Needs and Health Challenges consists of twelve, 2-hour group-based sessions. Parents and children meet separately for the first 90 minutes and meet together for the last 30 minutes. The last 30 minutes of the program, called Program Family Time, includes a healthy snack and an activity. Facilitators may choose to do home visits periodically throughout the 12 weeks to enhance learning and evaluate program competencies.

The Program may be provided in a virtual (group or one-to-one) or a home-visiting format with adaptations. Adaptations are suggested in the *Facilitator's Instructional Manual for Teaching Parents*.

Session One: Introduction and Overview; Getting to Know You 1

- Welcome to Nurturing
- Conceptual Framework and Overview
- Guidelines for Exclusion of Sick Children
- Welcome to Holland Story
- Home Practice: Self-Reflection; Envisioning My Child's Future
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- Effects of Stress and Violence on Kids' Brains
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- Bonding and Attachment
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- Promoting Self-Praise in Children
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- What Is Personal Power
- How Do We Acquire Personal Power
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- Obedience vs. Cooperation
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