Nurturing America's Military Families

Nurturing Program for Parents and Their Infants, Toddlers and Preschoolers®

Family Nurturing Journal

NPSP Nurturing Parenting Program

This Journal belongs to the

Family



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ISBN# 1-57202-183-7
Printed in the United States of America

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The Family Nurturing Journal, Parent Handbook, Easy Reader Parent Handbook, Home Visitor's Instructional Manual and audio-visual programs are component parts of the Nurturing America's Military Families Nurturing Program for Parents and Their Infants, Toddlers and Preschooler[®]. The Nurturing Program for Parents is recommended for use with the corresponding Nurturing Program for Children.

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About the Author

Stephen J. Bavolek, Ph.D. is a recognized leader having done extensive research in the fields of child abuse and neglect treatment and prevention, and parenting education. Born and raised in Chicago, Dr. Bavolek's professional background includes working with emotionally disturbed children and adolescents in schools and residential settings, and abused children and abusive parents in treatment programs. He also served in the Illinois Army National Guard having risen to the rank of E-5. In 1980, he was recognized by the Military Order of the Purple Heart for outstanding research and services to the handicapped.

Dr Bavolek received his doctorate at Utah State University in 1978 and completed a post-doctoral internship at the Kempe Center for the Prevention and Treatment of Child Abuse and Neglect in Denver, Colorado. He has held university faculty positions at the University of Wisconsin - Eau Claire, and the University of Utah. Dr. Bavolek has received numerous international, national, state and local awards for his work, including induction in 1989 into the Royal Guild of the International Social Work Round Table in Vienna, Austria, and selection in 1983 by Phi Delta Kappa as one of 75 young educators in the country who represent the best in educational leadership, research and services. In addition, he was selected by Oxford Who's Who in 1993 as a member of the elite registry of extraordinary professionals and in 1998 as a member of the elite registry of extraordinary CEO's. Dr. Bavolek was also Mental Health Professional of the Year of Northern Wisconsin in 1985 and Child Advocate of the Year in Utah in 1991

For the past 37 years, Dr. Bavolek has conducted of workshops, has appeared on radio and television talk show programs, and has published numerous books, articles, programs and newsletters. He is the principal author of the Nurturing Parenting Programs, programs which treat and prevent child abuse and neglect, and the Adult-Adolescent Parenting Inventory (AAPI-2), an inventory designed to assess high risk parenting attitudes. Dr. Bavolek is President of Family Development Resources, Inc. and Executive Director of Family Nurturing Centers, International.

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How to Use the Family Nurturing Journal

Dear Parents:

Welcome to the Nurturing Program for Parents and their Infants, Toddlers and Preschoolers. Congratulations on making a very wise choice in participating in the Program. Your lives as individuals and as a family will improve dramatically for the better. You will notice that family members are getting along better. There will be more laughter, more cooperation, and stronger feelings of attachment and closeness. All this won't happen without hard work and a commitment to positive change. There will be the usual bumps in the road with moments of frustration and doubt. But nothing ever worth working for ever came easy.

The Family Nurturing Journal will help guide you in increasing your Nurturing Parenting beliefs and skills. Notice that at the top of each Lesson page are listed the Lesson Competencies. The competencies describe the new knowledge and skills you are responsible for learning. Each lesson builds upon the previous lesson, so don't fall behind. If you don't understand the information and the skills of the lesson, make sure you tell the Home Visitor you need more time to learn the skills.

Also presented on each Lesson page are the Home Practice Assignments. Be committed to completing the weekly assignments. Try your best. If you don't succeed at first "try, try again" as the saying goes. Be prepared to share your successes and failures with your Home Visitor. Recognizing all your successes provides you with moments of pleasure. Accepting all your failures provides you with opportunities to grow. What a perfect combination.

And finally, a full page in the Family Nurturing Journal is dedicated to the changes that are going on in yourself, your children and your family. Keep entries current. Write in the journal at least once a week. Write more often if you'd like. Record the differences you notice; the good ones and the bad ones.

Like you, your children also want to experience the joys of a nurturing family. Keep at it. The positive changes you are making now will last a life time. I have confidence that your family will be successful in experiencing the power of positive nurturing.

Stephen J. Bavolek, Ph.D.

Lesson 1

Introductions, Hopes and Fears, Program Description, Assessment

Lesson Competencies:

- 1. Parents are willing to share their hopes and fears about participating in the program.
- 2. Parents understand the program format and requirements.
- 3. Parents are willing to participate in the program.

Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(rerusing the activities provided in the Nurturing Book for Babies and Children. Use the blank line below to describe the activities you did with your child. How did your child respond?

Lesson 1

Introductions, Hopes and Fears, Program Description, Assessment

Changes I've seen this week:

lesson. Remember, changes can be positive or negative - all are a part of	growth!
Changes I've noticed in myself this week are:	
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Changes I've noticed in my children this week are:	
Changes I've noticed in my family this week are:	
enanges I ve nonced in my family mis week are.	_
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Lesson 2 Family Nurturing Plan; Assessment Review and Planning

Lesson Competencies:

- 1. Parents review their parenting profiles and can describe their parenting strengths and areas needing improvement
- 2. Parents can describe the purpose of the Family Nurturing Plan.
- 3. Parents and home visitor work together to create a functional Family Nurturing Plan.

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Lesson 2

Family Nurturing Plan; Assessment Review and Planning

Changes I've seen this week:

Lesson 3 Nurturing Parenting

Lesson Competencies:

- 1. Parents are able to describe the seven concepts and practices of Nurturing Parenting.
- 2. Parents are able to assess the degree of skill and ability in each of the seven nurturing parenting areas.
- 3. Parents are able to define their philosophy of parenting.

- 1. Read Chapter 1: Nurturing Program for Parents and Their Infants, Toddlers and Preschoolers in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Hold a family meeting and discuss the word "nurturing" with your children. Help them
 acquire a meaningful, working definition of the word, and use the word frequently to
 describe caring situations and actions. Examples: "What can we do to nurture our
 kitty?" "What can you do to nurture someone in our family?" "What can you do to
 nurture yourself today?"
 - Review your ratings from the "Rating My Nurturing Skills" survey in your Parent Handbook with your partner. Where are your strengths? Where you your partner's strengths?
 - List three ways you can work on improving your nurturing skills.
 - Do something to nurture yourself.
 - Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children.
 Use the blank lines below to describe the activities you did with your child. How did your child respond?

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Lesson 3 Nurturing Parenting

Changes I've seen this week:

Use the following statements to identify changes you've noticed since your last Nurturing Program lesson. Remember, changes can be positive or negative - all are a part of growth! Changes I've noticed in myself this week are: Changes I've noticed in my children this week are: Changes I've noticed in my family this week are:

MILFNJ 10/20/14

Lesson 4 Nurturing as a Lifestyle

Lesson Competencies:

- 1. Parents can identify the four character traits that result from parenting experiences in childhood.
- 2. Parents can identify the practice of nurturing parenting.
- 3. Parents can define personal parenting strengths and parenting areas needing improvement.

- 1. Read Chapter 2 Nurturing As a Lifestyle in your Parent Handbook and complete any written exercises. Use the blank lines below to write your responses to the items.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Take time to review your Perpetrator (the person inside you that can and does purposefully hurt yourself or others). What do you notice? How do you feel looking at this trait? List times your Perpetrator comes out? Do you see any pattern?
 - · Now do the same with your Nurturer (the person inside you who can and does purposefully care for others and for yourself.) Review your drawing. Anything come to your attention? Compare your Nurturer and your Perpetrator. What do you notice? Make a list of when you're apt to be the Nurturer. Compare it with the list you made of the times you can act as a Perpetrator.
 - Review the Victim and Nurtured traits of your personality in the same way you did your Perpetrator and Nurturer.
 - When necessary, add or subtract from the lists. Change your drawings as time goes on and notice how you're changing.
 - If appropriate, ask your children or partner to draw their traits. Share your pictures.
 - Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 4 Nurturing as a Lifestyle

Changes I've seen this week:

Lesson 5 Children's Brain Development

Lesson Competencies:

- 1. Parents understand the importance of stimulating brain development through quality parentchild time.
- 2. Parents understand children's brains are shaped in the manner in which they are treated growing up.
- 3. Parents understand the importance of the "critical windows of brain development."
- 4. Parents are able to engage children in age appropriate developmental play.

Home Practice Assignment:

- 1. Read Chapter 3 Children's Brain Development in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Depending on the age of your child, begin doing activities in the Nurturing Book for Babies and Children to stimulate your child's brain development. List five things you tried. What was your child's response?

• Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your

- Do something to nurture yourself.
- child(ren) using the activities provided in the Nurturing Book for Babies and Children.

 Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 5 Children's Brain Development

Changes I've seen this week:

Lesson 6 Building Parent-Child Bonding and Attachment

Lesson Competencies:

- 1. Parents can define the concepts and practices of bonding, attachment, attunement and empathy.
- 2. Parents can explain why bonding and attachment are important parenting practices.
- 3. Parents can demonstrate attachment parenting behaviors: use of gentle touch; practices massage; makes eye contact, smiles and mimics; talks to child; reads and plays with child.

- 1. Read Chapter 4 Building Parent-Child Bonding and Attachment in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment: Use the blank lines below to write your responses to the items.
 - Review the information in this chapter with other family members. Identify the ways you already build your positive attachment. What are they?
 - Identify the things you can do to increase your positive attachment with your child(ren). What are the additional ways you will build your parent-child attachment?
 - Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

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Lesson 6 Building Parent-Child Bonding and Attachment

Changes I've seen this week:

Lesson 7

Ages & Stages: Expectations and Development of Children

Lesson Competencies:

- 1. Parents can identify the negative impact inappropriate expectations can have on children's development.
- 2. Parents can identify the four primary areas of development in children.

- 1. Read Chapter 5 Ages & Stages: Having Appropriate Expectations of Your Children in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - List at least one short-term expectation you have for your child:
 - List one long-term expectation you have for your child.
 - Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 7 Ages & Stages: Expectations and Development of Children

Changes I've seen this week:

Lesson 8 Ages & Stages: Infant Development

Lesson Competencies:

- 1. Parents can identify some developmental milestones of infancy.
- 2. Parents display positive attachment behaviors toward their infants.
- 3. Parents display positive attunement to infant's needs.

- 1. Read Chapter 6 Developmental Stage: Infancy in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - List a behavior that you have observed in your child in each of the four principal areas of development: Physical Intellectual Language Social/Emotional.
 - List one long-term expectation you have for your child.
 - Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children.
 Use the blank lines below to describe the activities you did with your child. How did your child respond?

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Lesson 8 Ages & Stages: Infant Development

Changes I've seen this week:

Lesson 9 Ages & Stages: Toddler Development

Lesson Competencies:

- 1. Parents can identify some developmental milestones of toddlers.
- 2. Parents display positive attachment behaviors toward their toddlers.
- 3. Parents display positive attunement to toddler's needs.

- 1. Read Chapter 7 Developmental Stage: Toddler in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - List a behavior that you have observed in your child in each of the four principal areas of development: Physical Intellectual Language Social/Emotional.
 - List one long-term expectation you have for your child.
 - Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children.
 Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 9 Ages & Stages: Toddler Development

Changes I've seen this week:

Use the following statements to identify changes you've noticed since your last Nurturing Progralesson. Remember, changes can be positive or negative – all are a part of growth!
Changes I've noticed in myself this week are:
Changes I've noticed in my children this week are:
Changes I've noticed in my family this week are:
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Lesson 10 Ages & Stages: Preschooler Development

Lesson Competencies:

- 1. Parents can identify some developmental milestones of preschooler development.
- 2. Parents display positive attachment behaviors toward their preschoolers.
- 3. Parents display positive attunement to preschooler's needs.

- 1. Read Chapter 8 Developmental Stage: Preschooler in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - List a behavior that you have observed in your child in each of the four principal areas of development: Physical Intellectual Language Social/Emotional
 - List one long-term expectation you have for your child.
 - Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 10 Ages & Stages: Preschooler Development

Changes I've seen this week:

Use the following statements to identify changes you've noticed since your last Nurturing Program lesson. Remember, changes can be positive or negative – all are a part of growth!		
Changes I've noticed in myself this week are:		
Changes I've noticed in my children this week are:		
Changes I've noticed in my family this week are:		

Lesson 11 Ages & Stages: School-Age Development

Lesson Competencies:

- 1. Parents can identify some developmental milestones of school-age development.
- 2. Parents understand early and late maturation differences.

- 1. Read Chapter 9 Developmental Stage: School-Age in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - List a behavior that you have observed in your child in each of the four principal areas of development: Physical Intellectual Language Social/Emotional.
 - List one long-term expectation you have for your child.
 - Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children.
 Use the blank lines below to describe the activities you did with your child. How did your child respond?

		
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Lesson 11 Ages & Stages: School-Age Development

Changes I've seen this week:

Use the following statements to identify changes you've noticed since your last Nurturing Program lesson. Remember, changes can be positive or negative – all are a part of growth!
Changes I've noticed in myself this week are:
Changes I've noticed in my children this week are:
Changes I've noticed in my family this week are:

Lesson 12 "Skills Strips" Developmental Review

Lesson Competencies:

- 1. Parents can identify age-appropriate developmental tasks from ages birth to 6 years.
- 2. Parents can demonstrate appropriate expectations.

- 1. Complete the **Skills Strips** Exercise.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Review your responses to the **Skill Strips**. Enhance your knowledge of child development by re-reading the chapters on **Ages and Stages** in the Parent Handbook.
 - Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children.
 Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 12 "Skills Strips" Review

Changes I've seen this week:

Lesson 13 Male and Female Brain

Lesson Competencies:

- 1. Parents can describe some of the differences between male and female brain functioning.
- 2. Parents can discuss how male behavior is different from female behavior.
- 3. Parents can discuss how comparing boys to girls is an inappropriate expectation.

- 1. Read Chapter 11 Male and Female Brain in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Notice differences between your son and daughter. What are they?
- Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 13 Male and Female Brain

Changes I've seen this week:

Lesson 14 Developing Empathy in Children

Lesson Competencies:

- 1. Parents can define the word "empathy."
- 2. Parents can describe the importance of empathy in parenting.
- 3. Parents help children recognize and understand their feelings.
- 4. Parents can identify ways to promote empathy in children.

Home Practice Assignment:

- 1. Read Chapter 12- Developing Empathy: Teaching Children to Care in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.

 Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children.

- List three ways your children demonstrate caring.
- List three ways you demonstrate caring.
- Identify three things you can to do encourage your child to develop empathy.
- Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 14 Developing Empathy in Children

Changes I've seen this week:

Lesson 15 Meeting Our Needs and the Needs of Our Children

Lesson Competencies:

- 1. Parents can identify the six areas of human needs (SPICES).
- 2. Parents make a plan to get personal needs met on a regular basis.
- 3. Parents help children get their needs met on a regular basis.

Home Practice Assignment:

- 1. Read Chapter 13 Meeting Our Needs and the Needs of Our Children in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - During the course of a week, discuss with your children the areas of needs presented.
 What did you learn?
 - Using the categories of needs to help children understand their behavior and the behavior of others. "Why do you suppose your baby brother is acting this way? What need do you think he's trying to get met?"
 - Use "needs" to describe your own behavior or desires.
 - Take time to nurture yourself. What did you do?
 - Honor and respect your children's needs. Be helpful in assisting them to get their needs met appropriately.

Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your

child(ren) using the activities provided in the Nurturing Book for Babies and Children.

Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 15 Meeting Our Needs and the Needs of Our Children

Changes I've seen this week:

Use the following statements to identify changes you've noticed since your last Nurturing Program lesson. Remember, changes can be positive or negative – all are a part of growth!
Changes I've noticed in myself this week are:
Changes I've noticed in my children this week are:
Changes I've noticed in my family this week are:

Lesson 16 Recognizing and Understanding Feelings

Lesson Competencies:

- 1. Parents can describe the difference between feelings of comfort and feelings of discomfort.
- 2. Parents can describe the issues of suppressing feelings of discomfort.
- 3. Parents can describe ways they manage their feelings.

- 1. Read Chapter 14 Recognizing and Understanding Our Feelings in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Practice expressing feelings. Describe the event.
 - Come up with a plan to share your big hurts.
 - Identify three strategies to let off steam in a positive way.
 - Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 16 Recognizing and Understanding Feelings

Changes I've seen this week:

Lesson 17 Helping Your Children Handle Their Feelings

Lesson Competencies:

- 1. Parents can identify at least three strategies to help children learn to manage their feelings.
- 2. Parents display appropriate ways of helping children handle their feelings.
- 3. Parents can describe ways to help children manage their behavior.

Home Practice Assignment:

- 1. Read Chapter 15 Helping Children Handle Their Feelings in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.

• Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your

- Practice honoring children's desires.
- Help children express their feeling energy in positive ways.
- Model appropriate ways to express feelings.
- child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 17 Helping Children Handle Their Feelings

Changes I've seen this week:

Lesson 18 Spoiling Your Children

Lesson Competencies:

- 1. Parents can describe the differences between empathy and "spoiling."
- 2. Parents have increased their understanding of the practices of "spoiling" children.
- 3. Parents have increased their ability to prevent "spoiling" from occurring.

- 1. Read Chapter 16 Spoiling Your Children in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Write down two or three myths about parenting that have been told to you that you know are not true.
 - How have these myths affected your parenting style?
 - Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 18 Spoiling Your Children

Changes I've seen this week:

Lesson 19 Improving Children's Self-Worth

Lesson Competencies:

- 1. Parents can define the term "self-worth."
- 2. Parents can describe the importance of having positive self-worth as a parent.
- 3. Parents can use at least three strategies to improve children's self-worth.

Home Practice Assignment:

- 1. Read Chapter 17 Building Self-Worth in your Parent Handbook
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.

• Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your

- Complete the "Labels" exercise in this chapter.
- Use positive labels.
- Improve your children's self-worth.
- Practicing nurturing touch with your children daily.
- child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 19 Improving Children's Self-Worth

Changes I've seen this week:

Lesson 20 Developing Personal Power in Children and Adults

Lesson Competencies:

- 1. Parents can define the term "personal power."
- 2. Parents can identify ways to build their own sense of personal power.
- 3. Parents can describe strategies to build personal power in children.

- 1. Read Chapter 18 Developing Personal Power in Children and Adults in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Discuss with your family the concept of Personal Power.
 - Use the strategies presented in this chapter to build personal power in your children.
 - List the top five ways you use your personal power in positive ways and negative ways.
- Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 20 Developing Personal Power in Children and Adults

Changes I've seen this week:

Lesson 21 Understanding Discipline

Lesson Competencies:

- 1. Parents can describe the meaning of "discipline."
- 2. Parents can identify the type of discipline being used on their children.
- 3. Parents can describe their childhood experience with discipline.

- 1. Read Chapter 19 Understanding Discipline in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Discuss with your partner or others significant in raising your children the meaning of the term "discipline".
 - Identify the things you agree and disagree on.
 - List ways you currently discipline children.
 - Make a plan to "discipline as a team" so the children don't receive mixed messages.
 - Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 21 Understanding Discipline

Changes I've seen this week:

Lesson 22

Red, White & Bruises: Why Parents Spank Their Children

Lesson Competencies:

- 1. Parents can identify reasons why parents use spanking as a technique.
- 2. Parents can describe why hitting children is not a good parenting practice.
- 3. Parents can demonstrate alternatives to spanking as a means of discipline.

Home Practice Assignment:

- 1. Read Chapter 20 Understanding Why Parents Spank Their Children in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Talk to your partner about the reasons why parents spank children.
 - Share the reasons why you were spanked. How did you feel then? Now?
 - If you spank your children, discuss why and what you hope to accomplish. Does spanking

• Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your

- If you spank, list four things you can do instead.
- child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 22

Red, White & Bruises: Why Parents Spank Their Children

Changes I've seen this week:

Use the following statements to identify changes you've noticed since your last Nurturing Progra lesson. Remember, changes can be positive or negative – all are a part of growth!	
Changes I've noticed in myself this week are:	
Changes I've noticed in my children this week are:	
Change The making discours formits this week ones	
Changes I've noticed in my family this week are:	

Lesson 23 Developing Family Morals and Values

Lesson Competencies:

- 1. Parents can describe the difference between family morals and values.
- 2. Parents can identify three family morals.
- 3. Parents can identify three family values.

- 1. Read Chapter 21 Developing Family Morals and Values in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Gather your family members around the table or living room floor for a family meeting. Have some snacks and beverages. Mention to them the purpose of the meeting is to talk about family morals and values.
 - Share with your family information about morals presented in the Parent Handbook. Go around and ask each member of your family to share a couple of morals (rights and wrongs) they have. If the family is stuck, present topics like getting along, telling the truth, communicating and not fighting, etc. and ask for their views.
 - Tie in family values. Ask members which of their morals are highly valued. Come up with a list of five to seven family values and discuss why these values are important.
 - Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

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Lesson 23 Developing Family Morals and Values

Changes I've seen this week:

Lesson 24 Developing Family Rules

Lesson Competencies:

- 1. Parents can discuss the importance of Family Rules.
- 2. Parents can establish a list of Family Rules.
- 3. Parents can implement Family Rules.

Home Practice Assignment:

- 1. Read Chapter 22 Developing Family Rules in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Meet as a family and make a list of rules. When completed, post the rules in an obvious place so parents and children can refer to them when a behavior needs to be performed. "Derek, I need you to follow our family rules and pick up your toys from the play room
 - Recall a time during your childhood when you were held accountable to some rule and your brothers/sisters or parents were not. What was the rule? How did you feel? What did you do or say?

• Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your

child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 24 Developing Family Rules

Changes I've seen this week:

Use the following statements to identify changes you've noticed since your last Nurturing Program lesson. Remember, changes can be positive or negative – all are a part of growth!
Changes I've noticed in myself this week are:
Changes I've noticed in my children this week are:
Changes I've noticed in my family this week are:

Lesson 25 Rewarding Children and Their Behavior

Lesson Competencies:

- 1. Parents can discuss the importance of consequences to behavior.
- 2. Parents can describe the difference between rewards and punishments.
- 3. Parents can describe the difference between natural and logical consequences.
- 4. Parents can identify the five different types of rewards.
- 5. Parents can utilize nurturing rewards appropriately.

Home Practice Assignment:

- 1. Read Chapter 23- Using Rewards and Punishments in your Parent Handbook and complete any written exercises.
- 2. Complete the Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Discuss rewards and punishments as a family.
 - Practice using the techniques for rewarding behavior: Praise Nurturing Touch -Privilieges - Objects. Describe the outcome.

Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your

child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 25 Rewarding Children and Their Behavior

Changes I've seen this week:

Use the following statements to identify changes you've noticed since your last Nurturing Program lesson. Remember, changes can be positive or negative - all are a part of growth! Changes I've noticed in myself this week are: Changes I've noticed in my children this week are: Changes I've noticed in my family this week are:

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Lesson 26 Punishing Children's Behavior

Lesson Competencies:

- 1. Parents can identify the five different types of punishments.
- 2. Parents can describe the behavior management system in place.
- 3. Parents utilize punishments appropriately.

- 1. Read Chapter 23- Using Rewards and Punishments in your Parent Handbook and complete any written exercises.
- 2. Complete the Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Discuss rewards and punishments as a family.
 - If appropriate, practice using one of the techniques for punishing behavior. Which one did you use and why? What was the outcome?
- Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 26 Punishing Children's Behavior

Changes I've seen this week:

Lesson 27 Praising Children and Their Behavior

Lesson Competencies:

- 1. Parents can identify the difference between "praise for being" and "praise for doing."
- 2. Parents practice praising children for being and doing every day.
- 3. Parents practices praising self for Being and Doing every day.

Home Practice Assignment:

- 1. Read Chapter 24 Praising Children and Their Behavior.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Practice praising your child(ren) two times a day for "Being" and two times a day for
 - Praise yourself once each day for Being and Doing.
 - Keep count of the number of times people offered you a compliment in one day. How did you respond?
 - Keep count of the number of times you praised yourself in one week. Which one do you remember the most?

• Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your

child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 27 Praising Children and Their Behavior

Changes I've seen this week:

Lesson 28 Infant and Child Massage

Lesson Competencies:

- 1. Parents can identify the three types of touch we receive as children.
- 2. Parents practice massage strokes on children.
- 3. Parents can describe the impact gentle touch and hurting touch have on the development of children's brains.

- 1. Read Chapter 25 Touch and My Touch History in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Practice giving gentle touch to your children each day. What ways did you give your children gentle touch this week?
 - Develop a routine for massaging your children every day. How did it go?
 - Praise your children at least two times each day. How did you praise your children for "Being"? How did you praise your children for "Doing"?
 - Do something to nurture yourself.
 - Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

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Lesson 28 Infant and Child Massage

Changes I've seen this week:

Use the following statements to identify changes you've noticed since your last Nurturing Program lesson. Remember, changes can be positive or negative – all are a part of growth!		
anges I've noticed in myself this week are:		
anges I've noticed in my children this week are:		
nanges I've noticed in my family this week are:		

Lesson 29 Time Out

Lesson Competencies:

- 1. Parents will increase their understanding of Time Out as a parenting technique.
- 2. Parents will increase their ability to use Time Out appropriately.

Home Practice Assignment:

- Read Chapter 26 Time-Out in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Discuss with your partner and/or others involved in the daily parenting of your children how and when Time Out will be used in your family.
 - Explain to your child(ren) the punishment of Time Out and how you will use it in the family.
 - If your child is $2\frac{1}{2}$ years or older, and a serious misbehavior has occurred, practice using Time Out. What was the outcome?

• Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your

child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 29 Time Out

Changes I've seen this week:

Use the following statements to identify changes you've noticed since your last Nurturing Program lesson. Remember, changes can be positive or negative – all are a part of growth!
Changes I've noticed in myself this week are:
Changes I've noticed in my children this week are:
Changes I've noticed in my family this week are:

Lesson 30 Child Proofing Your Home

Lesson Competencies:

- 1. Parents can describe the importance of child proofing a home.
- 2. Parents will create a safe home for children through child proofing.

Home Practice Assignment:

- 1. Read Chapter 27 Child-Proofing Your House from Danger in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Use the Home Safety Checklists to modify your home, making the house safe for your child to explore.
 - Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

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Lesson 30 Child Proofing Your Home

Changes I've seen this week:

Use the following statements to identify changes you've noticed since your last Nurturing Progra lesson. Remember, changes can be positive or negative – all are a part of growth!		
Changes I've noticed in myself this week are:		
Changes I've noticed in my children this week are:		
Changes I've noticed in my family this week are:		

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Lesson 31 Verbal and Physical Redirection

Lesson Competencies:

- 1. Parents can define the practice of redirection.
- 2. Parents can define the difference between verbal and physical redirection.
- 3. Parents can describe situations to use verbal and physical redirection.
- 4. Parents use physical and verbal redirection.

- 1. Read Chapter 28 Verbal and Physical Redirection in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Practice using verbal and physical redirection during the week. Describe a situation.
 - Have you completed the Home Safety Checklists?
 - Praise your child two times each day: once for Being and once for Doing.
 - Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

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Lesson 31 Verbal and Physical Redirection

Changes I've seen this week:

Lesson 32 Establishing Nurturing Parenting Routines

Lesson Competencies:

- 1. Parents can describe the importance of nurturing parenting routines.
- 2. Parents can describe the current routines being used.

- 1. Read Chapter 29 Establishing Nurturing Parenting Routines in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Meet with your partner and others who are a critical part of raising your child to review the practice of nurturing routines.
 - Praise yourself once a day.
- Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

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Lesson 32 Establishing Nurturing Parenting Routines

Changes I've seen this week:

Use the following statements to identify changes you've noticed since your last Nurturing Progra lesson. Remember, changes can be positive or negative – all are a part of growth!
Changes I've noticed in myself this week are:
Changes I've noticed in my children this week are:
Changes I've noticed in my family this week are:

Lesson 33

Establishing a Nurturing Diapering and Dressing Routine

Lesson Competencies:

- 1. Parents can describe the nurturing routine used for diapering and dressing.
- 2. Parents have established a nurturing diapering and dressing routine.

Home Practice Assignment:

- 1. Read Chapter 30 Nurturing Diapering and Dressing Routine in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Practice implementing the nurturing diapering and dressing routine with your children each day.

Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your

child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 33 Establishing a Nurturing Diapering and Dressing Routine

Changes I've seen this week:

Use the following statements to identify changes you've noticed since your last Nurturing Program lesson. Remember, changes can be positive or negative – all are a part of growth!
Changes I've noticed in myself this week are:
Changes I've noticed in my children this week are:
Changes I've noticed in my family this week are:

Lesson 34

Establishing a Nurturing Feeding Time Routine; Feeding Children Nutritious Foods

Lesson Competencies:

- Parents can describe the importance of establishing a nurturing feeding time routine.
- 2. Parents can demonstrate the nurturing feeding time routine.
- 3. Parents will increase their understanding of ways to increase the nutritional value of children's meal time.

Home Practice Assignment:

- 1. Read Chapter 31 Nurturing Feeding Time Routines and Chapter 32 Feeding Your Young Children Nutritious Foods in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.

Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your

- Practice implementing the nurturing feeding routine with each of your children.
- Continue implementing the nurturing routine for diapering and dressing.
- Do one thing to make family dinner time nicer.
- Serve nutritious snacks.
- child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 34

Establishing a Nurturing Feeding Time Routine; Feeding Children Nutritious Foods

Changes I've seen this week:

Use the following statements to identify changes you've noticed since your last Nurturing Program lesson. Remember, changes can be positive or negative - all are a part of growth! Changes I've noticed in myself this week are: Changes I've noticed in my children this week are: Changes I've noticed in my family this week are:

Lesson 35 Establishing a Nurturing Bath Time Routine

Lesson Competencies:

- 1. Parents can identify the important conditions of a nurturing bath time routine.
- 2. Parents can describe their nurturing bath time routine.
- 3. Parents have established a nurturing bath time routine.

Home Practice Assignment:

- 1. Read Chapter 33- Nurturing Bath Time Routine, in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Practice implementing the nurturing bath time routine with each of your children.
 - Continue to practice other nurturing routines for feeding, diapering and dressing.
 - Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

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Lesson 35 Establishing a Nurturing Bath Time Routine

Use the following statements to identify changes you've noticed since your last Nurturing Program lesson. Remember, changes can be positive or negative – all are a part of growth!
Changes I've noticed in myself this week are:
Changes I've noticed in my children this week are:
Changes I've noticed in my family this week are:

Lesson 36 Establishing a Nurturing Bedtime Routine

Lesson Competencies:

- 1. Parents can identify the important conditions for a nurturing bed time routine.
- 2. Parents can describe their nurturing bed time routine.
- 3. Parents have established a nurturing bed time routine.

Home Practice Assignment:

- 1. Read Chapter 36 Nurturing Bed Time Routine in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Practice implementing the Nurturing bed time routine with each of your children.
 - Continue practicing other nurturing routines for feeding, diapering and dressing, and bath times.

Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your

child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 36 Establishing a Nurturing Bedtime Routine

Use the following statements to identify changes you've noticed since your last Nurturing Progro lesson. Remember, changes can be positive or negative – all are a part of growth!	
Changes I've noticed in myself this week are:	
Changes I've noticed in my children this week are:	
Changes I've noticed in my family this week are:	

Lesson 37 Our Bodies and Sex

Lesson Competencies:

- 1. Parents have increased awareness and use of proper terminology for sexual body parts.
- 2. Parents are empowered to serve as good role models for their children.

Home Practice Assignment:

- 1. Read Chapter 35 Developing Children's Sexual Self-Worth in your Parent Handbook and complete any written exercises.
- 2. Complete the FamiyHome Practice Assignment. Use the blank lines below to write your responses to the items.

Answer the following questions with your partner or close friend.

- What memories do you have of your childhood sexual education?
- Who were the most instrumental people in teaching you sex education? Was it helpful or hurtful?
- What are your biggest anxieties about issues related to sex, nudity and body part terminology? Do you know how they originated? Do your anxieties help you or hinder You?
- On a scale of 1 (low) to 5 (high), rate the following and offer rationale for your rating: I like my body. I like the way I look. I like the person I am. I feel comfortable discussing sex-related matters with my partner. I feel comfortable discussing sexrelated matters with my children.
- Make a plan for discussing sex-related issues with your child(ren). If necessary, invite a friend to help out. Remember, keep the discussion factual, honest and relevant to the age of the child.
- Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 37 Our Bodies and Sex

Use the following statements to identify changes you've noticed since your last Nurturing Progra lesson. Remember, changes can be positive or negative – all are a part of growth!
Changes I've noticed in myself this week are:
Changes I've noticed in my children this week are:
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Changes I've noticed in my family this week are:

Lesson 38 Personal Space and Saying "NO"

Lesson Competencies:

- 1. Parents can identify and describe the different types of touch.
- 2. Parents can describe the term "personal space."
- 3. Parents can say "NO" to unwanted touch.
- 4. Parents respect the personal space of their children.
- 5. Parents teach children how to say "NO" to unwanted touch.

Home Practice Assignment:

- 1. Read Chapter 35 Developing Children's Sexual Self-Worth in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Discuss the concept of personal space and the different types of touch with your

• Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your

- Practice saying "NO" with your children to unwanted touch.
- Keep practicing nurturing routines.
- child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 38 Personal Space and Saying "NO"

Changes I've seen this week:

Use the following statements to identify changes you've noticed since your last Nurturing Program lesson. Remember, changes can be positive or negative - all are a part of growth! Changes I've noticed in myself this week are: Changes I've noticed in my children this week are: Changes I've noticed in my family this week are:

Lesson 39 Keeping Our Children Safe

Lesson Competencies:

- 1. Parents can describe ways to keep their children safe.
- 2. Parents demonstrate ways to keep their children safe.

Home Practice Assignment:

- 1. Read Chapter 47 How to Protect Our Children in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - · Hold a family meeting to discuss ways to stay safe from physical, emotional and sexual
 - Discuss where they might find these dangers. (In the car, home, strangers, school, friends, community, internet, videogames. etc)
 - Establish a special password with your child(ren) to help them identify strangers.
 - Discuss how they should react if a stranger tries to approach them. Practice what they should do together as a family.

• Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your

child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 39 Keeping Our Children Safe

Changes I've seen this week:

Use the following statements to identify changes you've noticed since your last Nurturing Program lesson. Remember, changes can be positive or negative - all are a part of growth! Changes I've noticed in myself this week are: Changes I've noticed in my children this week are: Changes I've noticed in my family this week are:

Lesson 40 Understanding and Handling Stress

Lesson Competencies:

- 1. Parents can identify healthy ways to reduce stress.
- 2. Parents can describe a plan to reduce personal stress.
- 3. Parents practice healthy ways to reduce stress.

Home Practice Assignment:

- 1. Read Chapter 37- Handling Stress in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Identify five stressors (things that cause stress) in your life.
 - Make a plan how you can reduce or prevent these stressors from dictating the quality of your life.

• Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your

- Develop a plan to cope with the stressors you can't change.
- Identify five stressors (things that cause stress) in your children's lives.
- What can you do to help your children reduce their stress?
- child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 40 Understanding and Handling Stress

Use the following statements to identify changes you've noticed since your last Nurturing Progra lesson. Remember, changes can be positive or negative – all are a part of growth!	
Changes I've noticed in myself this week are:	
Changes I've noticed in my children this week are:	
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Changes I've noticed in my family this week are:	

Lesson 41 Helping Children Manage Their Behavior

Lesson Competencies:

- 1. Parents understand strategies to help children learn to manage their behavior.
- 2. Parents practice ways to help children manage their behavior.

Home Practice Assignment:

- 1. Read Chapter 38 Helping Children Manage Their Behavior in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Select one or two of the behavior encouragement techniques and try them out. Later in the week, try the other one. Note the successes you have with each approach.
 - Praise your children for "Being" and "Doing."
 - Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

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Lesson 41 Helping Children Manage Their Behavior

Use the following statements to identify changes you've noticed since your last Nurturing Progro lesson. Remember, changes can be positive or negative – all are a part of growth!	
Changes I've noticed in myself this week are:	
Changes I've noticed in my children this week are:	
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Change The making discours family, this week and	
Changes I've noticed in my family this week are:	_
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Lesson 42 Managing Anger

Lesson Competencies:

- 1. Parents can describe appropriate ways to express anger.
- 2. Parents can identify appropriate ways to teach children to express anger.
- 3. Parents practice appropriate anger management strategies.

Home Practice Assignment:

- 1. Read Chapter 41 Understanding and Expressing Your Anger and Chapter 42: Helping Your Children Express Their Anger in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Make a plan to control your anger, and be able to express it in the way you desire.
 - Teach your children ways they can manage their anger using the strategies listed in your Parent Handbook.

• Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your

child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 42 Managing Anger

Use the following statements to identify changes you've noticed since your last Nurturing Progra lesson. Remember, changes can be positive or negative - all are a part of growth!	
Changes I've noticed in myself this week are:	
Changes I've noticed in my children this week are:	
Changes I've noticed in my family this week are:	

Lesson 43

I'm Only Doing This For Your Own Good: Alternatives to Spanking

Lesson Competencies:

- 1. Parents can identify one time they could have used spanking but chose to use an alternative technique instead.
- 2. Parents can describe alternatives to spanking.

Home Practice Assignment:

Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.

Talk about the use of spanking with other family members. How do they feel about using alterntive techniques?

Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your

- Practice using verbal and physical redirection and other ways to manage children's behavior.
- child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 43

I'm Only Doing This For Your Own Good: Alternatives to Spanking

Use the following statements to identity changes you've noticed since your last Nurturing Program lesson. Remember, changes can be positive or negative - all are a part of growth!
Changes I've noticed in myself this week are:
Changes I've noticed in my children this week are:
Changes I've noticed in my family this week are:

Lesson 44 **Ignoring**

Lesson Competencies:

- 1. Parents will increase their understanding of the use of Ignoring as a parenting strategy.
- 2. Parents will demonstrate their ability to use Ignoring appropriately as a parenting technique.

Home Practice Assignment:

- 1. Read Chapter 39 Ignoring as a Parenting Technique in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Practice using ignoring as a behavior management technique. Keep note of the times it works successfully and the times it doesn't.
 - Make sure you teach your children what are appropriate and inappropriate ways to ask for things, excuse yourself, interrupt, etc. Tell them about ignoring and how you are going to handle unwanted behavior.

Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your

child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 44 Ignoring

Use the following statements to identify changes you've noticed since your last Nurturing Program lesson. Remember, changes can be positive or negative - all are a part of growth!
Changes I've noticed in myself this week are:
Changes I've noticed in my children this week are:
Changes I've noticed in my family this week are:

Lesson 45 Possessive and Violent Relationships

Lesson Competencies:

- 1. Parents will increase their awareness of characteristics of domestic violence.
- 2. Parents will increase their understanding of possessive and violent relationships.
- 3. Parents will increase their awareness of community resources that provide help for domestic violence.
- 4. Individuals experiencing domestic violence will seek assistance.

Home Practice Assignment:

- 1. Read Chapter 48- Possessive and Violent relationships in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Review the information on possessive and violent relationships provided in class.
 - Seek help from professionals if experiencing a violent relationship.
- Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

 How did your child respond?

Lesson 45 Possessive and Violent Relationships

Use the following statements to identify changes you've noticed since your last Nurturing Progra lesson. Remember, changes can be positive or negative – all are a part of growth!	
Changes I've noticed in myself this week are:	
Changes I've noticed in my children this week are:	
Change The making discours formits this words are	
Changes I've noticed in my family this week are:	

Lesson 46 Body Map

Lesson Competencies:

- 1. Parents will increase their awareness and understanding of the impact the three types of touch in their life.
- 2. Parents will increase their awareness and understanding of the impact the three types of touch have on their children's lives.

Home Practice Assignment:

Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.

- Discuss with your partner something new you learned about your touch history.
- Continue to support your children's right to say NO to unwanted touch.
- Continue to practice gentle touch with your children.
- Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 46 Body Map

Use the following statements to identify changes you've noticed since your last Nurturing Program lesson. Remember, changes can be positive or negative – all are a part of growth!
Changes I've noticed in myself this week are:
Changes I've noticed in my children this week are:
Changes I've noticed in my family this week are:
Changes I ve noticed in my family this week are.

Lesson 47 Families and Alcohol

Lesson Competencies:

- 1. Parents can identify reasons why people abuse alcohol.
- 2. Parents can identify ways to keep children drug free.
- 3. Parents use strategies to keep children drug free.
- 4. If alcohol is present in the house, parents model appropriate levels and use of alcohol.

Home Practice Assignment:

- 1. Read Chapter 45 Understanding Alcohol Use and Abuse in your Parent Handbook.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Complete the Families and Alcohol Use Questionnaire. Discuss your responses with your partner or a friend. Self-awareness is the first step in changing habits.

Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your

child(ren) using the activities provided in the Nurturing Book for Babies and Children.
Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 47 Families and Alcohol

Use the following statements to identify changes you've noticed since your last Nurturing Program lesson. Remember, changes can be positive or negative – all are a part of growth!		
Changes I've noticed in myself this week are:		
Changes I've noticed in my children this week are:		
Changes I've noticed in my family this week are:		

Lesson 48 Keeping Kids Drug Free

Lesson Competencies:

- 1. Parents have an increased awareness of the dangers of drug use among children.
- 2. Parents are able to serve as appropriate role models.
- 3. Parents are able to use the lesson strategies to keep their children drug free.

Home Practice Assignment:

- 1. Read Chapter 46 Keeping Children Drug Free in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Discuss the information presented in this lesson as a family.
 - Begin implementing strategies to keep children drug free. What did you do?
 - Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 48 Keeping Kids Drug Free

Use the following statements to identify changes you've noticed since your last Nurturing Progralesson. Remember, changes can be positive or negative – all are a part of growth!
Changes I've noticed in myself this week are:
Changes I've noticed in my children this week are:
Changes I've noticed in my family this week are:

Lesson 49 Criticism and Confrontation

Lesson Competencies:

- 1. Parents can define the difference between Confrontation and Criticism.
- 2. Parents can give examples of both forms of communication.
- 3. Parents can describe the dangers of Criticism.
- 4. Parents can describe the benefits of Confrontation.

Home Practice Assignment:

- 1. Read Chapter 44 Criticism, Confrontation and Rules for Fair Fighting in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.

Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your

- Write down the model of "arguing" that you observed and experienced during your childhood.
- Do you think now that the model was good or not? Why?
- What did you learn that you're trying to change or improve?
- Practice using confrontation and not criticism. What did you experience?
- child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 49 Criticism and Confrontation

Use the following statements to identify changes you've noticed since your last Nurturing Program lesson. Remember, changes can be positive or negative – all are a part of growth!
Changes I've noticed in myself this week are:
Changes I've noticed in my children this week are:
Changes I've noticed in my family this week are:

Lesson 50

Problem Solving, Decision Making, Negotiation and Compromise

Lesson Competencies:

- 1. Parents understand and practice problem solving as a means of communication.
- 2. Parents understand and practice decision making as a means of communication.
- 3. Parents understand and practice negotiation as a means of communication.
- 4. Parents understand and practice compromise as a means of communication.

Home Practice Assignment:

- 1. Read Chapter 50 Problem Solving, Decision Making, Negotiation and Compromise in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Practice problem solving and decision making.
 - Practice negotiation and compromise.

Lesson 50 Problem Solving, Decision Making, Negotiation and Compromise

lesson. Remember, changes can be positive or negative - all are a part of growth!	
Changes I've noticed in myself this week are:	
Changes I've noticed in my children this week are:	
Changes I've noticed in my family this week are:	

Lesson 51 People, Possessions and Positive Self-Talk

Lesson Competencies:

- 1. Parents can understand a parent-child power struggle.
- 2. Parents can avoid or resolve power struggles.

Home Practice Assignment:

Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.

- If the situation arises, use the strategies you are learning to avoid and/or resolve a power struggle.
- Continue practicing problem solving strategies.

Lesson 51 People, Possessions and Positive Self-Talk

Use the following statements to identify changes you've noticed since your last Nurturing Progralesson. Remember, changes can be positive or negative – all are a part of growth!
Changes I've noticed in myself this week are:
Changes I've noticed in my children this week are:
Changes I've noticed in my family this week are:

Lesson 52 Smoking and My Child's Health

Lesson Competencies:

- 1. Parents can describe the dangers of smoking and the effects of second hand smoke on children's health.
- 2. If parents smoke, they practice protecting their children from second hand smoke.

Home Practice Assignment:

- 1. Read Chapter 49 Smoking and the Dangers of Second Hand Smoke in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Discuss the dangers of smoking and second hand smoke with members of your family.
 - If you smoke, identify the steps you need to take to stop.
 - Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

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Lesson 52 Smoking and My Child's Health

Changes I've seen this week:

Use the following statements to identify changes you've noticed since your last Nurturing Program lesson. Remember, changes can be positive or negative - all are a part of growth! Changes I've noticed in myself this week are: Changes I've noticed in my children this week are: Changes I've noticed in my family this week are:

Lesson 53 Toilet Training

Lesson Competencies:

- 1. Parents will understand when to expect their child to be potty trained.
- 2. Parents will know and practice the strategies involved in potty training.

- 1. Read Chapter 40 Toilet Training in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - If appropriate, practice potty training your child with techniques and steps presented in this chapter.
 - Continue practicing nurturing routines and preventing power struggles.
 - Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

Lesson 53 Toilet Training

Use the following statements to identify changes you've noticed since your last Nurturing Program lesson. Remember, changes can be positive or negative – all are a part of growth!
Changes I've noticed in myself this week are:
Changes I've noticed in my children this week are:
Changes I've noticed in my family this week are:

Lesson 54 Love, Sex, STDs and AIDS

Lesson Competencies:

- 1. Parents have increased understanding of AIDS and STDs.
- 2. Parents have increased knowledge of practicing safe sex.

- 1. Read Chapter 34 STDs, AIDS, and HIV in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment. Use the blank lines below to write your responses to the items.
 - Review the information on STDs, AIDS and HIV with members of your family.
 - Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children. Use the blank lines below to describe the activities you did with your child. How did your child respond?

your child respond?	

Lesson 54 Love, Sex, STDs and AIDS

Use the following statements to identify changes you've noticed since your last Nurturing Progra lesson. Remember, changes can be positive or negative – all are a part of growth!
Changes I've noticed in myself this week are:
Changes I've noticed in my children this week are:
Changes I've noticed in my family this week are:

Lesson 55 Assessment, Certificates and Closing

Home Practice Assignment:

Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the Nurturing Book for Babies and Children.

As a result of our family participating in the Nurturing Program, changes I've seei	n are:
Changes I've noticed in myself are:	
Changes I've noticed in my children are:	
Changes I've noticed in my family are:	

CONGRATULATIONS ON A JOB WELL DONE!

Lesson 1

The Uniqueness of Military Life

Lesson Competencies:

Parents have increased their knowledge of the uniqueness of the culture of military life.

- 1. Read Chapter 1 The Uniqueness of Military Life in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment:
 - Discuss the information in this lesson with your partner and other family members. Was their information brought up in the discussion

•	Spend a minimum of 30-45 minutes each day playing, reading, and/or massaging your child(ren).

Lesson 1

The Uniqueness of Military Life

Use the following statements to identify changes you've noticed since your last Nurturing Progra lesson. Remember, changes can be positive or negative – all are a part of growth!
Changes I've noticed in myself this week are:
Changes I've noticed in my children this week are:
Changes I've noticed in my family this week are:

Lesson 2 The Keeping the Relationship Together

Lesson Competencies:

Parents have increased their knowledge of the uniqueness of the culture of military life.

Home Practice Assignment:

Complete the Family Home Practice Assignment:

- 1. Read Chapter 2 Keeping the Relationship Together in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment:
 - Review the information shared during the class at home. Discuss the information shared in class and begin working on strengthening the relationship.

•	Spend a minimum of 30-45 minutes each day playing, reading, and/or massaging your child(ren).

Lesson 2 The Keeping the Relationship Together

Use the following statements to identify changes you've noticed since your last Nurturing Progra lesson. Remember, changes can be positive or negative – all are a part of growth!
Changes I've noticed in myself this week are:
Changes I've noticed in my children this week are:
Changes I've noticed in my family this week are:

Lesson 3 Deployment and Separation

Lesson Competencies:

Parents will complete the Deployment/Separation Inventory and spend time reviewing their similarities and differences related to handling deployment and separation.

- 1. Read Chapter 3 Deployment and Separation in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment:
 - Complete the My Plan of Action form located in the Parent Handbook
- Spend a minimum of 30-45 minutes each day playing, reading, and/or massaging your child(ren).

 Spend a minimum of 30-45 minutes each day playing, reading, and/or massaging your child(ren).

Lesson 3 The Deployment and Separation

Lesson 4 Helping Children Cope with Deployment

Lesson Competencies:

- 1. Parents have increased their understanding of the issues related to the feelings of koss, loneliness, anger and denial.
- 2. Parents have improved listening and communication skills.
- 3. Parents have improved their ability in helping children deal with the feelings of stress related to deployment of a parent.

- 1. Read Chapter 4 Helping Children Cope with Deployment in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment:
 - Practice the skills and suggestions provided in the lesson to help children cope with parental deployment.

•	Spend a minimum of 30-45 minutes each day playing, reading, and/or massaging you child(ren).

Lesson 4 Helping Children Cope with Deployment

Use the following statements to identify changes you've noticed since your last Nurturing Progra lesson. Remember, changes can be positive or negative - all are a part of growth!
Changes I've noticed in myself this week are:
Changes I've noticed in my children this week are:
Changes I've noticed in my family this week are:

Lesson 5 Staying Connected

Lesson Competencies:

Parents understand the impact negative and positive communication has on the deployed family member.

- 1. Read Chapter 5 Staying Connected in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment:
 - Share the information you learned in the lesson with your partner. If your partner is deployed, so much the better.

•	Spend a minimum child(ren).	of 30-45	minutes	each d	ay playing,	reading,	and/or	massaging	you

Lesson 5 Staying Connected

Use the following statements to identify changes you've noticed since your last Nurturing Program lesson. Remember, changes can be positive or negative – all are a part of growth!
Changes I've noticed in myself this week are:
Changes I've noticed in my children this week are:
Changes I've noticed in my family this week are:

Lesson 6 Reuniting: Post-Deployment

Lesson Competencies:

- 1. Parents will complete the Post-Deployment Questionnaire located in the Parent Handbook.
- 2. Parents will share their responses to the questionnaire with each other.

- 1. Read Chapter 6 Reuniting: Post-Deployment in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment:
 - Complete the Post-Deployment Questionnaire.
 - Review the strategies presented on pages 251-252 for "Coming Together as a Family: Life in Post-Deployment."
- Spend a minimum of 30-45 minutes each day playing, reading, and/or massaging your child(ren).

Lesson 6 Reuniting: Post-Deployment

Use the following statements to identify changes you've noticed since your last Nurturing Progra lesson. Remember, changes can be positive or negative - all are a part of growth!
Changes I've noticed in myself this week are:
Changes I've noticed in my children this week are:
Changes I've noticed in my family this week are:

Lesson 7 Post Traumatic Stress Disorder (PTSD)

Lesson Competencies:

Parents are empowered to recognize the symptoms of post traumatic stress disorder (ptsd) and seek

Home Practice Assignment:

- 1. Read Chapter 7 Post Traumatic Stress Disorder (PTSD) in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment:
 - Review the symptoms of PTSD with family members. Take action for treatment if the situation warrants it.

Spend a minimum of 30-45 minutes each day playing reading and/or massaging your

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Lesson 7 Post Traumatic Stress Disorder (PTSD)

Use the following statements to identify changes you've noticed since your last Nurturing Program lesson. Remember, changes can be positive or negative – all are a part of growth!
Changes I've noticed in myself this week are:
Changes I've noticed in my children this week are:
Changes I've noticed in my family this week are: