

# Table of Contents

About the Authors .....	i
Introduction .....	1
Chapter 1 Nurturing Parenting Program for Parents and Their Infants, Toddlers and Preschoolers; Rating Nurturing Skills .....	3
Chapter 2 Nurturing as a Lifestyle .....	8
Chapter 3 Children's Brain Development.....	11
Chapter 4 Building Parent-Child Bonding and Attachment.....	17
Chapter 5 Ages and Stages: Having Appropriate Expectations .....	22
Chapter 6 Ages and Stages: Infants .....	26
Chapter 7 Ages and Stages: Toddlers .....	31
Chapter 8 Ages and Stages: Preschoolers.....	37
Chapter 9 Ages and Stages School-Age .....	42
Chapter 10 Skills Strips .....	47
Chapter 11 Male & Female Brain.....	49
Chapter 12 Developing Empathy: Teaching Children to Care.....	52
Chapter 13 Meeting Our Needs and the Needs of Our Children.....	57
Chapter 14 Recognizing and Understanding Our Feelings .....	63
Chapter 15 Helping Children Handle Their Feelings .....	68
Chapter 16 Spoiling Your Children .....	71
Chapter 17 Building Self-Worth .....	75
Chapter 18 Developing Personal Power in Children and Adults .....	80
Chapter 19 Understanding Discipline .....	85
Chapter 20 Understanding Why Parents Spank Their Children .....	88
Chapter 21 Family Morals and Values.....	93
Chapter 22 Family Rules.....	96
Chapter 23 Rewards and Punishments .....	100
Chapter 24 Praising Children and Their Behavior .....	106
Chapter 25 Touching My Children and My Touch History .....	111
Chapter 26 Time Out.....	115
Chapter 27 Child Proofing Your House From Danger .....	120

Chapter 28	Verbal and Physical Redirection .....	126
Chapter 29	Establishing Nurturing Parenting Routines .....	130
Chapter 30	Establishing a Nurturing Diapering and Dressing Routine.....	134
Chapter 31	Establishing a Nurturing Feeding Time Routine .....	137
Chapter 32	Feeding Young Children Nutritious Foods .....	140
Chapter 33	Establishing a Nurturing Bath Time Routine .....	144
Chapter 34	STDs, AIDS, and HIV .....	148
Chapter 35	Developing Children's Sexual Self-Worth .....	154
Chapter 36	Nurturing Bed Time Routine.....	159
Chapter 37	Handling Stress .....	166
Chapter 38	Helping Children Manage Their Behavior .....	170
Chapter 39	Ignoring as a Parenting Technique .....	174
Chapter 40	Toilet Training.....	177
Chapter 41	Understanding and Expressing Your Anger.....	182
Chapter 42	Helping Your Children Express Their Anger .....	186
Chapter 43	Communicating Thoughts and Feelings .....	190
Chapter 44	Criticism, Confrontation and Rules for Fair Fighting .....	195
Chapter 45	Understanding Alcohol Use and Abuse .....	200
Chapter 46	Keeping Children Drug Free .....	205
Chapter 47	How to Protect Our Children .....	208
Chapter 48	Possessive and Violent Relationships .....	214
Chapter 49	Smoking and the Dangers of Second Hand Smoke .....	217
Chapter 50	Problem Solving, Decision Making, Negotiation and Compromise.....	220

## **The Unique Aspects of Military Life .....225**

Chapter 1	The Uniqueness of Military Life.....	226
Chapter 2	Keeping the Relationship Together.....	230
Chapter 3	Deployment and Separation.....	235
Chapter 4	Helping Children Cope with Deployment .....	241
Chapter 5	Staying Connected During Deployment.....	245
Chapter 6	Reuniting: Post Deployment.....	249
Chapter 7	Post Traumatic Stress Disorder (PTSD).....	253