

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

Family Nurturing Journal

for the 55 Session Home Based Program

This Journal belongs to the

Family

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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 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.

For more information on these and other materials, contact:

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About the Author

Stephen J. Bavolek, Ph.D. is a recognized leader 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. Dr. Bavolek has conducted extensive research in the prevention and treatment of child abuse and neglect.

He 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. In 1980, he was recognized by the Military Order of the Purple Heart for outstanding research and services to the handicapped.

Dr. Bavolek has conducted thousands 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.

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

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 2

Family Nurturing Plan; Assessment Review and Planning

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 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: _____

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.

Home Practice Assignment:

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:

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 5

Children's Brain 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 6

Building Parent-Child Bonding and Attachment

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 7

Ages & Stages: Expectations and Development of 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 8

Ages & Stages: Infant 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 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 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 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

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" Review

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 13

Male and Female Brain

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 14

Developing Empathy in 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 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

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 17

Helping Children Handle Their Feelings

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 18

Spoiling Your 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 19

Improving Children's Self-Worth

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 20

Developing Personal Power in Children and Adults

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 21

Understanding Discipline

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 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 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 23

Developing Family Morals and Values

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 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

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 26

Punishing Children's 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: _____

Lesson 27

Praising 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: _____

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!

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 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

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 31

Verbal and Physical Redirection

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 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 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 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

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

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 36

Establishing a Nurturing Bedtime 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 37

Our Bodies and Sex

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 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

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

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 41

Helping Children Manage 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: _____

Lesson 42 Managing Anger

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 43

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

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 44

Ignoring

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 45

Possessive and Violent Relationships

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 46

Body Map

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 47

Families and Alcohol

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 48

Keeping Kids Drug Free

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 49

Criticism and Confrontation

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 50

Problem Solving, Decision Making, Negotiation and Compromise

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 51

People, Possessions and Positive Self-Talk

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 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

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 54

Love, Sex, STDs and AIDS

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 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 seen 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!