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

Family Nurturing Journal

55 Session Home Based Program

This Journal belongs to the

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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.

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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.

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

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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: _____

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Changes I've noticed in my **children** this 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.

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

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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: _____

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Changes I've noticed in my **children** this week are: _____

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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.

Home Practice Assignment:

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: _____

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Changes I've noticed in my **children** this week are: _____

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Changes I've noticed in my **family** this week are: _____

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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?

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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: _____

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Changes I've noticed in my **children** this week are: _____

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Changes I've noticed in my **family** this week are: _____

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Lesson 5
Children's Brain Development

Lesson Competencies:

1. Parents understand the importance of stimulating brain development through quality parent-child 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?
   - 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 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: _____

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Changes I've noticed in my **children** this week are: _____

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Changes I've noticed in my **family** this week are: _____

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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.

Home Practice Assignment:

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:

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: _____

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Changes I've noticed in my **children** this week are: _____

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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.

Home Practice Assignment:

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?

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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: _____

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Changes I've noticed in my **children** this week are: _____

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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.

Home Practice Assignment:

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:

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: _____

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Changes I've noticed in my **children** this week are: _____

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Changes I've noticed in my **family** this week are: _____

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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.

Home Practice Assignment:

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?

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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: _____

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Changes I've noticed in my **children** this week are: _____

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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.

Home Practice Assignment:

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?

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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: _____

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Changes I've noticed in my **children** this week are: _____

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Changes I've noticed in my **family** this week are: _____

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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.

Home Practice Assignment:

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: _____

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Changes I've noticed in my **children** this week are: _____

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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.

Home Practice Assignment:

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?

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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!

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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.

Home Practice Assignment:

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?

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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: _____

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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.
   - 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.
   - 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 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!

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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?

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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!

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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.

Home Practice Assignment:

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?

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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!

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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.
   - Practice honoring children's desires.
   - Help children express their feeling energy in positive ways.
   - Model appropriate ways to express feelings.
   - 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 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!

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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 abilitiy to prevent "spoiling" from occurring.

Home Practice Assignment:

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?

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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!

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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.
   - Complete the "Labels" exercise in this chapter.
   - Use positive labels.
   - Improve your children's self-worth.
   - Practicing nurturing touch with your children daily.
   - 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 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: _____

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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.

Home Practice Assignment:

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?

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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: _____

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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.

Home Practice Assignment:

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?

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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: _____

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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 work?
   - If you spank. list four things you can do instead.
   - 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 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!

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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.

Home Practice Assignment:

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:

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!

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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 floor."
   - 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?

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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!

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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?

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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!

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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.

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.
   - 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?

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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: _____

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Changes I've noticed in my **children** this week are: _____

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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 "Doing."
   - 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?

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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: _____

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Changes I've noticed in my **children** this week are: _____

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Changes I've noticed in my **family** this week are: _____

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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.

Home Practice Assignment:

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!

Changes I've noticed in **myself** this week are: _____

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Changes I've noticed in my **children** this week are: _____

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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:

1. 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 ½ 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?

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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: _____

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Changes I've noticed in my **children** this week are: _____

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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 Program 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: _____

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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.

Home Practice Assignment:

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:

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: _____

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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.

Home Practice Assignment:

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 Program 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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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?

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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: _____

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Lesson 34
Establishing a Nurturing Feeding Time Routine; Feeding Children Nutritious Foods

Lesson Competencies:

1. 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.
   - 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.
   - 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 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: _____

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Changes I've noticed in my **children** this week are: _____

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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

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: _____

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Changes I've noticed in my **children** this week are: _____

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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?

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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: _____

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Changes I've noticed in my **children** this week are: _____

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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 sex-related 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?

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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: _____

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Changes I've noticed in my **children** this week are: _____

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Changes I've noticed in my **family** this week are: _____

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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 partner.
   - Practice saying "NO" with your children to unwanted touch.
   - Keep practicing nurturing routines.
   - 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 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: _____

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Changes I've noticed in my **children** this week are: _____

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Changes I've noticed in my **family** this week are: _____

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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 harm.
   - 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?

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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: _____

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Changes I've noticed in my **family** this week are: _____

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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.
   - 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?
   - 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 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: _____

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Changes I've noticed in my **children** this week are: _____

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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

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: _____

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Changes I've noticed in my **children** 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?

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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: _____

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Changes I've noticed in my **children** this week are: _____

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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?
- Practice using verbal and physical redirection and other ways to manage children's 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?

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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: _____

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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?

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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: _____

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Changes I've noticed in my **children** this week are: _____

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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?

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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: _____

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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?

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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: _____

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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?

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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: _____

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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?

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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: _____

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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.
   - 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?
   - 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 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: _____

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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.
   - 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 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: _____

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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.
- 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 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: _____

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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: _____

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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.

Home Practice Assignment:

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?

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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: _____

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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.

Home Practice Assignment:

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?

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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!

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Changes I've noticed in my **children** this week are: _____

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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: _____

_____

_____

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_____

_____

Changes I've noticed in my **family** are: _____

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CONGRATULATIONS ON A JOB WELL DONE!

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