

Nurturing Program for Parents and
their Infants, Toddlers and Preschoolers®
16 Session Group-Based and Seven Session Home-Based Program

Family Nurturing Journal & Assessment

This Journal belongs to the

Family



Family Development Resources, Inc.
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The *Family Nurturing Journal*, *Parent Handbook*, *Easy Reader Parent Handbook*, *Group Facilitator'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.

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How to Use the Family Nurturing Journal & Assessment

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 & Assessment (FNJ) will help guide you in increasing your Nurturing Parenting beliefs and skills. Notice that at the top of each Session page are listed the Session Competencies. The competencies describe the new knowledge and skills you are responsible for learning. Each session builds upon the previous session, so don't fall behind. If you don't understand the information and the skills of the session, make sure you tell the Group Facilitator you need more time to learn the skills.

Also presented on each Session 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 Group Leader. 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 FNJ 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. Be ready to share these changes with others participating in the program.

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.

Home Session 1

Getting Acquainted; Program Description; Pretest Assessments

A. Evaluation of Session Competencies:

On a Scale of 0 to 3, rate the degree you believe you achieved each of the following competencies. Write a brief explanation for your rating.

1. I was willing to share my hopes and fears about participating in the program.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

2. I understand the program format and requirements.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

3. I am willing to participate in the program.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

B. Home Practice Assignment:

Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren). Use the blank lines below to describe the activities you did with your child. How did your child respond?

C. 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: _____

Home Session 2

Family Nurturing Plan: Assessment Review and Planning

A. Evaluation of Session Competencies:

On a Scale of 0 to 3, rate the degree you believe you achieved each of the following competencies. Write a brief explanation for your rating.

1. I reviewed my parenting profile and can describe my parenting strengths and areas needing improvement.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

2. I worked with my home visitor to identify and form a plan to remediate areas of need that are identified on the NSCS.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

B. Home Practice Assignment:

Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren). Use the blank lines below to describe the activities you did with your child. How did your child respond?

C. 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: _____

Home Session 3

Tutorial Support

A. Evaluation of Session Competencies:

On a Scale of 0 to 3, rate the degree you believe you achieved each of the following competencies. Write a brief explanation for your rating.

Write Session Competencies here.

1. _____

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

2. _____

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

B. Home Practice Assignment:

Write Home Practice Assignment here. _____

- Spend a minimum of 30-45 minutes each day playing, reading, and/or massaging your child(ren). Use the blank lines below to describe the activities you did with your child. How did your child respond?

C. 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: _____

Home Session 4

Tutorial Support

A. Evaluation of Session Competencies:

On a Scale of 0 to 3, rate the degree you believe you achieved each of the following competencies. Write a brief explanation for your rating.

Write Session Competencies here.

1. _____

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

2. _____

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

B. Home Practice Assignment:

Write Home Practice Assignment here: _____

- Spend a minimum of 30-45 minutes each day playing, reading, and/or massaging your child(ren). Use the blank lines below to describe the activities you did with your child. How did your child respond?

C. 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: _____

Home Session 5

Tutorial Support

A. Evaluation of Session Competencies:

On a Scale of 0 to 3, rate the degree you believe you achieved each of the following competencies. Write a brief explanation for your rating.

Write Session Competencies here.

1. _____

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

2. _____

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

B. Home Practice Assignment:

Write Home Practice Assignment here: _____

- Spend a minimum of 30-45 minutes each day playing, reading, and/or massaging your child(ren). Use the blank lines below to describe the activities you did with your child. How did your child respond?

C. 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: _____

Home Session 6

Posttest Assessments

A. Evaluation of Session Competencies:

On a Scale of 0 to 3, rate the degree you believe you achieved each of the following competencies. Write a brief explanation for your rating.

1. I am willing to complete end-of-program assessments:

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

B. Home Practice Assignment:

Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren). Use the blank lines below to describe the activities you did with your child. How did your child respond?

C. 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: _____

Home Session 7

Review Posttest Profiles; Make Plans for Continued Support

A. Evaluation of Session Competencies:

On a Scale of 0 to 3, rate the degree you believe you achieved each of the following competencies. Write a brief explanation for your rating.

1. I reviewed my parenting profiles and can describe my parenting strengths and areas that need continued work.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

2. I worked together with my home visitor to review the plan that was made at the beginning of the program to remediate areas of needs identified on the NSCS.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

3. I reviewed my Family Nurturing Plan competency assessment.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

B. Home Practice Assignment:

Spend a minimum of 30-45 minutes each day playing, reading, and/or massaging your child(ren). Use the blank lines below to describe the activities you did with your child. How did your child respond?

C. 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: _____

Session 1

Introductions; Hopes and Fears; Program Description; Nurturing as a Lifestyle

A. Evaluation of Session Competencies:

On a Scale of 0 to 3, rate the degree you believe you achieved each of the following competencies. Write a brief explanation for your rating.

1. I am willing to share my hopes and fears about participating in the program.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

2. I understand the program format and requirements.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

3. I am willing to participate in the program.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

4. I can identify the four character traits that result from parenting experiences in childhood.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

5. I can define my personal parenting strengths and parenting areas needing improvement.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

B. Home Practice Assignment:

1. Read **Chapter 2 - Nurturing as a Lifestyle** in your Parent Handbook and complete any written exercises.
2. Complete the **Family Home Practice Assignment**:
 - Take time to review your Perpetrator. 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. 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 and 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). Use the blank lines below to describe the activities you did with your child. How did your child respond? _____

C. 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: _____

Session 2

Nurturing Parenting; Children's Brain Development

A. Evaluation of Session Competencies:

On a Scale of 0 to 3, rate the degree you believe you achieved each of the following competencies. Write a brief explanation for your rating.

1. I am able to describe the seven concepts and practices of Nurturing Parenting..

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

2. I am able to assess my degree of skill and ability in each of the seven nurturing parenting areas.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

3. I am able to define my philosophy of parenting.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

4. I understand children's brains are shaped in the manner in which they are treated growing up.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

5. I understand the importance of the "critical windows of brain development."

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

B. Home Practice Assignment:

1. Read **Chapter 1: Nurturing Program for Parents and Their Infants, Toddlers and Preschoolers** and **Chapter 3 - Children's Brain Development** in your Parent Handbook and complete any written exercises.
2. Complete the **Family Home Practice Assignment**:

- 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.
- Review your ratings from the "Rating My Nurturing Skills" Survey in your Parent Handbook with your partner. Where are your strengths?

Where are your partner's strengths? _____

- List three ways you can work on improving your nurturing skills.
 1. _____
 2. _____
 3. _____
- Do something to nurture yourself. What did you do? _____
- Depending on the age of your child, begin doing activities to stimulate your child's brain development. List five things you tried.
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
- What was your child's response? _____
- Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren). Use the blank lines below to describe the activities you did with your child. How did your child respond?

C. 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: _____

Session 3

Building Parent-Child Bonding and Attachment: Developing Empathy in Children

A. Evaluation of Session Competencies:

On a Scale of 0 to 3, rate the degree you believe you achieved each of the following competencies. Write a brief explanation for your rating.

1. I can identify the concepts and practices of bonding, attachment, attunement and empathy.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

2. I can explain why bonding and attachment are important parenting practices.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

3. I can describe the importance of empathy in parenting.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

4. I help my children recognize and understand their feelings.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

5. I can identify ways to promote empathy in children.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

B. Home Practice Assignment:

1. Read **Chapter 4 - Building Parent-Child Bonding and Attachment** and **Chapter 12 - Developing Empathy: Teaching Children** in your Parent Handbook and complete any written exercises.
2. Complete the **Family Home Practice Assignment**:
 - 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?
-
-

- List three ways your children demonstrate caring.

1. _____
2. _____
3. _____

- List three ways you demonstrate caring.

1. _____
2. _____
3. _____

- Identify three things you can do to encourage your child to develop empathy.

1. _____
2. _____
3. _____

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

C. 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: _____

Session 4

Expectations and Development of Children; Ages & Stages: Infants, Toddlers, and Preschooler Development

A. Evaluation of Session Competencies:

On a Scale of 0 to 3, rate the degree you believe you achieved each of the following competencies. Write a brief explanation for your rating.

1. I can identify the negative impact inappropriate expectations have on my children's development.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

2. I can identify the four primary areas of development in children.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

3. I display positive attachment behaviors toward my children.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

4. I display positive attunement to my children's needs.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

5. I can identify some developmental milestones of infants, toddlers and preschoolers.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

B. Home Practice Assignment:

1. Read **Chapters 5 - Ages and Stages: Appropriate Expectations** and **Chapters 6, 7, and 8 - Infant, Toddler, Preschooler Development** in your Parent Handbook and complete any written exercises.
2. Complete the **Family Home Practice Assignment**:
 - List at least one short-term expectation you have for your child:

- List one long-term expectation you have for your child:

- List a behavior that you have observed in your child in each of the four principal areas of development: Physical - Intellectual - Language - Social/Emotional.

Physical: _____

Intellectual: _____

Language: _____

Social/Emotional: _____

- Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren). Use the blank lines below to describe the activities you did with your child. How did your child respond?

C. 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: _____

Session 5

Meeting Our Needs and the Needs of Our Children; Developing Personal Power in Children and Adults

A. Assessment of Session Competencies:

1. I can identify the six areas of human needs (SPICES).

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

2. I made a plan to get personal needs met on a regular basis.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

3. I can describe the term "Personal Power."

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

4. I can identify ways to build my own sense of personal power.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

5. I can strategies to build personal power in children.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

B. Home Practice Assignment:

1. Read **Chapter 13 - Meeting Our Needs and the Needs of Our Children** and **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**:
 - 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.
- 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.

Positive ways I use My Personal Power

1. _____
2. _____
3. _____
4. _____
5. _____

Negative ways I use My Personal Power

1. _____
2. _____
3. _____
4. _____
5. _____

- Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren). Use the blank lines below to describe the activities you did with your child. How did your child respond?

C. 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: _____

Session 6
**Improving Children's Self-Worth;
Praising Children and Their Behavior**

A. Assessment of Session Competencies:

1. I can describe the term "Self-Worth."

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

2. I can describe the importance of having positive self-worth as a parent.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

3. I can use at least three strategies to improve my children's self-worth.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

4. I can identify the difference between "Praise for Being" and "Praise for Doing."

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

5. I practice praising myself for "being" and "doing" every day.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

B. Home Practice Assignment:

1. Read **Chapter 17 - Building Self-Worth** and **Chapter 24 - Praising Children and Their Behavior** in your Parent Handbook.

2. Complete the **Family Home Practice Assignment:**

Self-Labels Exercise:

- Write down a negative label you have for yourself: _____
- What do you do (or don't do) to get that label? _____
- What positive label would you like to have instead? _____
- List three behaviors you can do to promote your new positive label:

1. _____
2. _____
3. _____

Every time you behave as your new label, give yourself a treat. Reinforcing your efforts is an excellent way to change labels and grow.

Changing Parents' Negative Labels of their Children:

- Write down a negative label you have for your child: _____
- What does the child do (or don't do) to get that label? _____

- Write down the behavior you would like to see instead? _____

- Give that desired behavior a name: _____
- List three ways you can help your child perform the desired behavior:
 1. _____
 2. _____
 3. _____
- 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?

- List the top five ways you use your personal power in positive ways and negative ways.
Positive ways I used my Personal Power this week:
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____

Negative ways I used my Personal Power this week:

1. _____
2. _____
3. _____
4. _____
5. _____

- Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren). Use the blank lines below to describe the activities you did with your child. How did your child respond?

C. 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: _____

Session 7
**Understanding Discipline; Red, White & Bruises:
Why Parents Spank Their Children**

A. Assessment of Session Competencies:

1. I can describe the meaning "Discipline."

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

2. I can identify the type of discipline I use on my children.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

3. I can describe my childhood experiences with discipline.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

4. I can identify reasons why parents use spanking as discipline.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

5. I can describe why hitting children is not a good parenting practice.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

B. Home Practice Assignment:

1. Read **Chapter 19 - Understanding Discipline** and **Chapter 20 - Understanding Why Parents Spank Their Children** in your Parent Handbook and complete any written exercises.

2. Complete the **Family Home Practice Assignment**:

- Discuss with your partner or others significant in raising your children the meaning of the term "discipline."
- Identify the things you agree on: _____

Identify the things you disagree on: _____

- List ways you currently discipline children.

- Make a plan to "discipline as a team" so the children don't receive mixed messages.
Our plan is: _____

- Talk to your partner about the reasons why parents spank children.
- Share the reasons why you were spanked:

How did you feel then? _____

How do you feel 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.

1. _____

2. _____

3. _____

4. _____

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

C. Changes I've seen this week:

Use the following statements to identify changes you've noticed since your last Nurturing Program Session. 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: _____

Session 8
**Developing Family Morals and Values;
Developing Family Rules**

A. Assessment of Session Competencies:

1. I can describe the difference between family "Morals" and "Values."

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

2. I can identify three family morals.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

3. I can identify three family values.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

4. I established a list of Family Rules.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

5. I can implement our Family Rules.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

B. Home Practice Assignment:

1. Read Chapter 21 - **Developing Family Morals and Values** and Chapter 22 - **Developing Family Rules** in your Parent Handbook and complete any written exercises.
2. Complete the **Family Home Practice Assignment**:
 - 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.

Our Family Values are:

1. _____
2. _____
3. _____
4. _____
5. _____

- 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."

Our Family Rules are:

DO

DON'T

- | | |
|----------|----------|
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |
| 4. _____ | 4. _____ |
| 5. _____ | 5. _____ |

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

C. 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: _____

Session 9
**Rewarding Children and Their Behavior;
Punishing Children's Behavior**

A. Assessment of Session Competencies:

1. I can discuss the importance of consequences to behavior.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

2. I can describe the difference between rewards and punishments.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

3. I can identify the five different types of rewards.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

4. I utilize nurturing rewards appropriately.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

5. I can identify the five different types of punishments.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

B. 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:**

- Discuss rewards and punishments as a family.
- Practice using the techniques for rewarding behavior: Praise, Nurturing Touch, Privileges, Objects. Describe the outcome.
When I used Praise this happened: _____

When I used Nurturing Touch this happened: _____

When I used Privileges this happened: _____

When I used objects as rewards this happened: _____

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

C. 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: _____

Session 10
**Recognizing and Handling Feelings;
Helping Your Children Handle Their Feelings**

A. Assessment of Session Competencies:

1. I can describe the difference between feelings of comfort and feelings of discomfort.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

2. I can describe the issue of suppressing feelings of discomfort.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

3. I can describe ways I manage my feelings.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

4. I can identify at least three strategies to help children learn to manage their feelings.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

5. I can describe ways to help my children manage their behavior.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

B. Home Practice Assignment:

1. Read **Chapter 14 - Recognizing and Understanding Our Feelings** and **Chapter 15 - Helping Children Handle Their Feelings** in your Parent Handbook and complete any written exercises.
2. Complete the **Family Home Practice Assignment:**
 - 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.

1. _____
2. _____
3. _____

- Practice honoring children's desires. What did you do? _____

- Help children express their feeling energy in positive ways. What did you do? _____

- Model appropriate ways to express feelings. What did you do? _____

- Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren). Use the blank lines below to describe the activities you did with your child. How did your child respond?

C. 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: _____

Session 11

Establishing Nurturing Bath Time and Bedtime Routines

A. Assessment of Session Competencies:

1. I can identify the important conditions of a nurturing bath time routine.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

2. I can describe our nurturing bath time routine.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

3. I can identify the important conditions for a nurturing bedtime routine.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

4. I can describe our nurturing bedtime routine.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

5. I have established nurturing bedtime and bath time routines.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

B. Home Practice Assignment:

1. Read **Chapter 33 - Nurturing Bath Time Routine** and **Chapter 36 - Nurturing Bed Time Routine**, in your Parent Handbook and complete any written exercises.

2. Complete the **Family Home Practice Assignment**:

- Practice implementing a nurturing bath time routine with each of your children this week. (Describe)

- Practice implementing the nurturing bedtime routine with each of your children. (Describe)

- Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren). Use the blank lines below to describe the activities you did with your child. How did your child respond?

C. 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: _____

Session 12
**Possessive and Violent Relationships;
Keeping Our Children Safe**

A. Assessment of Session Competencies:

1. I have increased my awareness of the characteristics of domestic violence.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

2. I have increased my understanding of possessive and violent relationships.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

3. If I am experiencing domestic violence, I am seeking assistance.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

4. I can describe ways to keep my children safe.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

5. I can demonstrate ways to keep my children safe.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

B. Home Practice Assignment:

1. Read **Chapter 48- Possessive and Violent Relationships** and **Chapter 47 - How to Protect Our Children** in your Parent Handbook and complete any written exercises.
2. Complete the **Family Home Practice Assignment**:
 - Review the information on possessive and violent relationships provided in class.
 - Seek help from professionals if experiencing a violent relationship.
 - Praise yourself once a day. What did you say? _____

- Hold a family meeting to discuss ways to stay safe from physical, emotional and sexual harm. What are some of the suggestions? _____

- Discuss where they might find these dangers. (In the car, home, strangers, school, friends, community, internet, videogames. etc.) What did you identify and discuss as dangers:

- 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. What did you tell them to do? _____

- Practice what you should do together as a family. What will you do together as a family to keep safe? _____

- Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren). Use the blank lines below to describe the activities you did with your child. How did your child respond?

C. 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: _____

Session 13
**Understanding and Handling Stress;
Helping Children Manage Their Behavior**

A. Assessment of Session Competencies:

1. I can identify healthy ways to reduce my stress.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

2. I can describe a plan to reduce my personal stress.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

3. I practice healthy ways to reduce stress.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

4. I understand strategies to help my children learn to manage their behavior.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

5. I practice ways to help my children manage their behavior.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

B. Home Practice Assignment:

1. Read **Chapter 37- Handling Stress** and **Chapter 38 - Helping Children Manage Their Behavior** in your Parent Handbook and complete any written exercises.

2. Complete the **Family Home Practice Assignment:**

- Identify five stressors (things that cause stress) in your life.

1. _____
2. _____
3. _____
4. _____

5. _____

- Make a plan how you can reduce or prevent these stressors from dictating the quality of your life. My plan is:

- Develop a plan to cope with the stressors you can't change. My plan is:

- Identify five stressors (things that cause stress) in your children's lives.

1. _____

2. _____

3. _____

4. _____

5. _____

- What can you do to help your children reduce their stress? _____

- 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.

When I did this: _____

...this happened: _____

When I did this: _____

...this happened: _____

- Praise your children for being and doing. What did you say?

- Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren). Use the blank lines below to describe the activities you did with your child. How did your child respond?

C. 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: _____

Session 14
**Managing Anger;
Alternatives to Spanking**

A. Assessment of Session Competencies:

1. I can describe appropriate ways to express my anger.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

2. I can identify appropriate ways to teach my children to express their anger.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

3. I practice appropriate anger management strategies.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

4. I identified one time I thought I could have used spanking but chose to use an alternative technique instead.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

5. I can describe alternatives to spanking.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

B. 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:**

- List three things in your life that you get angry with and the ways you expressed your anger:

1. I got angry when _____
and what I did was _____

2. I got angry when _____
and what I did was _____

3. I got angry when _____
and what I did was _____

- List three things you can do to avoid getting angry in the situations you listed above and what you can do to change the situations that would result in preventing your anger response:

1. _____

2. _____

3. _____

- List three ways you would like to be able to express your anger:

1. _____

2. _____

3. _____

- Identify things you feel keep you from expressing your anger in the ways you'd have liked:

1. _____

2. _____

3. _____

- With this awareness at hand, make a plan to appropriately express your anger or to change the situations that promote your anger. You may want to involve other family members in this plan and write it down:

1. _____

2. _____

3. _____

- Talk about the use of spanking with other family members. How do they feel about using alternative 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). Use the blank lines below to describe the activities you did with your child. How did your child respond?

C. Changes I've seen this week:

Use the following statements to identify changes you've noticed since your last Nurturing Program Session. 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: _____

Session 15

Families and Alcohol; Keeping Kids Drug Free; Smoking and My Child's Health

A. Assessment of Session Competencies:

1. I know reasons why people abuse alcohol.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

2. I know and use ways to keep my children drug-free.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

3. I use strategies to keep my children drug-free.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

4. I know about the dangers of drug use among children.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

5. I know the dangers of smoking and the effects of second-hand smoke on my children's health.

0 Not at All 1 A Little Bit 2 Pretty Good 3 Really Well

Explain your Rating: _____

B. Home Practice Assignment:

1. Read **Chapter 45 - Understanding Alcohol Use and Abuse**, **Chapter 46 - Keeping Children Drug Free**, and **Chapter 49 - Smoking and the Dangers of Second Hand Smoke** in your Parent Handbook.
2. Complete the **Family Home Practice Assignment**:
 - Complete the **Families and Alcohol Use Questionnaire** on the next page. Discuss your responses with your partner or a friend. Self-awareness is the first step in changing habits.

Families and Alcohol Use Questionnaire

About YOU

The following questions are designed to increase your awareness about your alcohol use. Try to answer the questions as honestly as you can.

- | | Yes | No |
|---|-------|-------|
| 1. Do you feel you have a drinking problem? | _____ | _____ |
| 2. Do you often drink to feel better? | _____ | _____ |
| 3. Do you often drink to "get through the day?" | _____ | _____ |
| 4. Do you spend more money on alcohol than you plan? | _____ | _____ |
| 5. Do you feel annoyed or irritated if your family or friends discuss your drinking? | _____ | _____ |
| 6. Have you had any arguments with your family or friends because of your drinking? | _____ | _____ |
| 7. Have you ever failed to keep a promise you made to yourself about cutting down on your drinking? | _____ | _____ |
| 8. Do you tend to drink alcohol at times when you feel angry, disappointed, depressed, anxious, or lonely? | _____ | _____ |
| 9. Have you ever been careless of your family's welfare when you've been drinking (driving under the influence, falling asleep with a burning cigarette, not caring where your kids were, blowing a paycheck on alcohol, hitting a family member when under the influence)? | _____ | _____ |
| 10. Do you drink in the morning to help you recover from the night before? | _____ | _____ |

About YOUR FAMILY

The following questions are designed to increase your awareness about the alcohol use of any family members. Try to answer the questions as honestly as you can.

- | | | |
|--|-------|-------|
| 1. Do you feel a member of your family has a drinking problem? | _____ | _____ |
| 2. Do you lie awake worrying about your family member (of whatever age)? | _____ | _____ |
| 3. Do you feel frustrated in your attempts to control your family member? | _____ | _____ |
| 4. Do you argue with your family member about his or her use of alcohol? | _____ | _____ |
| 5. Do you find it increasingly difficult to communicate with your family member? | _____ | _____ |
| 6. Do you find yourself lying or covering up for your family member? | _____ | _____ |
| 7. Do you feel resentful or hostile toward your family member? | _____ | _____ |
| 8. Do you worry about your family member's behavior affecting other members of the family? | _____ | _____ |
| 9. Has the family member been confronted about their behavior? | _____ | _____ |
| 10. Has the family member denied their drinking problem? | _____ | _____ |

- Discuss the information presented in this session as a family.
- Begin implementing strategies to keep children drug free. What did you do?

- 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.

1. _____
2. _____
3. _____
4. _____
5. _____

- Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren). Use the blank lines below to describe the activities you did with your child. How did your child respond?

C. Changes I've seen this week:

Use the following statements to identify changes you've noticed since your last Nurturing Program Session. 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: _____

Session 16
Hopes and Fears, Certificates, and Closing

A. Session Competencies: There is no assessment of session competencies for Session 16.

1. Parents review their expectations and outcomes of the program.
2. Parents celebrate the completion of their program.

B. Home Practice Assignment:

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

C. As a result of our family participating in the Nurturing Program, changes I've seen are:

Changes I've seen in **myself** are: _____

Changes I've seen in my **children** are: _____

Changes I've seen in my **family** are:

CONGRATULATIONS ON A JOB WELL DONE!