

Nurturing Program for Parents and
their Infants, Toddlers and Preschoolers®
27 Session Group-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.

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About the Author

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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.

Session 1

Introductions, Hopes and Fears, Program Description, Assessment

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 shared 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 and am willing to participate in the program.

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

Explain your Rating: _____

3. 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: _____

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 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 the 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 their 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?

What are your partner's strengths? _____

- List three ways you can work on improving your nurturing skills.
 1. _____
 2. _____
 3. _____
- Do something to nurture yourself.
- 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. _____
- 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
**Nurturing as a Lifestyle;
Building Parent-Child Bonding and Attachment**

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 four character traits that result from parenting experiences in childhood.

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

Explain your Rating: _____

2. I can identify the practice of nurturing parenting.

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

Explain your Rating: _____

3. I can define personal parenting strengths and parenting areas needing improvement.

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

Explain your Rating: _____

4. I can define the concepts and practices of bonding, attachment, attunement and empathy.

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

Explain your Rating: _____

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

1 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** and **Chapter 4 - Building Parent-Child Bonding and Attachment** 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.
- 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). 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 4

Ages & Stages: Expectations and Development of Children; Ages & Stages: Infant and Toddler 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 **Chapter 5 - Ages and Stages: Appropriate Expectations**, **Chapter 6 - Ages & Stages: Infant Development**, and **Chapter 7 - Ages & Stages: Toddler Development** in your Parent Handbook.
2. Complete the **Family Home Practice Assignment**:

- List at least one short-term expectation you have for your infant and/or toddler:

- List one long-term expectation you have for your infant and/or toddler:

- 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

Ages & Stages: Preschool and School-Age 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 some developmental milestones of preschool and school-age development.

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

Explain your Rating: _____

2. I display positive attachment behaviors toward my preschoolers and school-age children.

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

Explain your Rating: _____

3. I display positive attunement to my preschooler's and school-age child's needs.

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

Explain your Rating: _____

4. I can identify some developmental milestones of preschool and school-age development.

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

Explain your Rating: _____

5. I understand early and late maturation differences.

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

Explain your Rating: _____

B. Home Practice Assignment:

1. Read **Chapter 8 - Developmental Stage: Preschooler**, and **Chapter 9 - Developmental Stage: School-Age** 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 preschooler and/or school-age child:

- List at least one long-term expectation you have for your preschooler and/or school-age 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 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 6
"Skills Strips" Developmental Review;
The Male and Female Brain

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 age-appropriate developmental tasks from ages birth to 6 years.

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

Explain your Rating: _____

2. I can demonstrate appropriate expectations.

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

Explain your Rating: _____

3. I can describe some of the differences between male and female brain functioning.

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

Explain your Rating: _____

4. I can discuss how male behavior is different from female behavior.

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

Explain your Rating: _____

5. I can discuss how comparing boys to girls is an inappropriate expectation.

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

Explain your Rating: _____

B. Home Practice Assignment:

1. Complete the **Skills Strips** Exercise.
2. Read **Chapter 11 - Male and Female Brain** in your Parent Handbook and complete any written exercises.
3. Complete the **Family Home Practice Assignment**:

- 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 or Easy Reader Parent Handbook.
- Notice differences between your son and daughter. What are they?

My son: _____

My daughter: _____

- 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
**Developing Empathy in Children;
Meeting Our Needs and the Needs of Our 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 describe the importance of empathy in parenting.

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

Explain your Rating: _____

2. I can 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: _____

3. I can identify ways to promote empathy in my children.

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

Explain your Rating: _____

4. 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: _____

5. I make a plan to get my personal needs met on a regular basis.

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

Explain your Rating: _____

B. Home Practice Assignment:

1. Read **Chapter 12- Developing Empathy: Teaching Children** and **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:**

- 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. _____
 - 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, i.e. I need some rest.
 - 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). 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 8

Recognizing and Understanding Feelings: Helping Your Children Handle Their Feelings

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 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 issues 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 they 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 my 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 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 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 9

Spoiling Your Children; Praising Children and Their Behavior

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 describe the differences between empathy and "spoiling."

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

Explain your Rating: _____

2. I have increased their understanding of the practices of "spoiling" children.

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

Explain your Rating: _____

3. I have increased their ability to prevent "spoiling" from occurring.

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 self 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 16 - Spoiling Your Children** and **Chapter 24 - Praising Children and Their Behavior** in your Parent Handbook and complete any written exercises.
2. Complete the **Family Home Practice Assignment**:

- Write down three myths about parenting that have been told to you that you know are not true:

1. _____

2. _____

3. _____

- How have these myths affected your parenting style?

- Practice praising your child(ren) two times a day for being and two times a day for doing. What did you say?

Being: _____

Doing: _____

- Praise yourself once each day for being and doing. What did you say?

Being: _____

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). 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 10

Improving Children's Self-Worth; Developing Personal Power in Children and Adults

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 describe the terms "Self-Worth" and Personal Power."

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 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 describe strategies to build personal power in my 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 17 - Building Self-Worth** and **Chapter 18- Developing Personal Power in Children and Adults** in your Parent Handbook or Easy Reader 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 Exercise:

- 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. _____
- 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 11

Understanding Discipline; Red, White & Bruises: Why Parents Spank Their 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 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 and disagree on:
We agree on: _____

We 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 12

Developing Family Morals and Values; Developing Family Rules

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 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.

Our Family Morals are:

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

- 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 13
**Rewarding Children and Their Behavior;
Punishing Children's Behavior**

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 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 use 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 14

Infant and Child Massage

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 three types of touch I received as a child.

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

Explain your Rating: _____

2. I can practice massage strokes on my children.

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

Explain your Rating: _____

3. I can describe the impact gentle touch and hurting touch have on the development of my children's brains.

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

Explain your Rating: _____

B. 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:**

Types of Touch I've received in My Life

- Examples of Gentle Touch I have received are: _____

- Examples of Hurting Touch I have received are: _____

- Examples of Scary Touch I have received are: _____

Types of Touch I give My Children

- Examples of Gentle Touch I've give my children are: _____

- Examples of Hurting Touch I've given my children are: _____

- Examples of Scary Touch I've given my children are _____

- 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? What did you say? _____

How did you praise your children for Doing? What did you say? _____

- Do something to nurture yourself. 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 15

Time Out; Body Map

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 have increased my understanding of Time Out as a parenting technique.

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

Explain your Rating: _____

2. I have increased my ability to use Time Out Appropriately

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

Explain your Rating: _____

3. I have increased my awareness and understanding of the impact that the three types of touch have on my life.

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

Explain your Rating: _____

4. I have increased my awareness and understanding of the impact that the three types of touch have on my children's lives..

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

Explain your Rating: _____

B. 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**:
 - Discuss with your partner and/or others involved in the daily parenting of your children how and when Time Out will be used in your family.
 - Explain to your child(ren) the punishment of Time Out and how you will use it in the family.
 - If your child is 2 $\frac{1}{2}$ years or older, and a serious misbehavior has occurred, practice using Time Out. What was the outcome?

-
-
- Discuss with your partner something new you learned about your touch history. What did you learn?

-
-
-
-
-
-
- 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). 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 16

Child Proofing Your Home; Verbal and Physical Redirection

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 describe the importance of child-proofing a home.

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

Explain your Rating: _____

2. I have created a safe home for my children through child-proofing.

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

Explain your Rating: _____

3. I can define the practice of redirection.

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

Explain your Rating: _____

4. I can define the difference between verbal and physical redirection.

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

Explain your Rating: _____

5. I can describe situations on which it's good to use verbal and physical redirection.

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

Explain your Rating: _____

B. Home Practice Assignment:

1. Read **Chapter 27 - Child-Proofing Your House from Danger** and **Chapter 28 - Verbal and Physical Redirection** in your Parent Handbook and complete any written exercises.

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

- Use the *Home Safety Checklists* to modify your home, making the house safe for your children to explore. (Were you able to complete this task? If not, what do you still need to do?)

-
-
- Practice using verbal and physical redirection during the week. Describe a situation.

-
-
- 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? _____

-
-
- 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 17

Establishing Nurturing Parenting Routines; Keeping Our Children Safe

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 describe the importance of Nurturing Parenting Routines.

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

Explain your Rating: _____

2. I can describe the current routines I use.

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

Explain your Rating: _____

3. 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: _____

3. 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 29 - Establishing Nurturing Parenting Routines** and **Chapter 47 - How to Protect Our Children** in your Parent Handbook and complete any written exercises.

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

- 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. 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 18

Establishing a Nurturing Diapering and Dressing Routine; Establishing a Nurturing Feeding Time Routine and Feeding Children Nutritious Foods

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 describe our nurturing routine for diapering and dressing.

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

Explain your Rating: _____

2. I have established a nurturing routine for diapering and dressing.

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

Explain your Rating: _____

3. I can identify the importance of establishing a nurturing feeding time routine.

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

Explain your Rating: _____

4. I can demonstrate our nurturing feeding time routine.

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

Explain your Rating: _____

5. I have increased my understanding of ways to increase the nutritional value of my children's mealtime.

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

Explain your Rating: _____

B. Home Practice Assignment:

1. Read **Chapter 30 - Nurturing Diapering and Dressing Routine**, **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**:

- Practice implementing a nurturing diapering and dressing routine with your children this week. (Describe)

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

- Do one thing to make family dinnertime nicer. What did you do?

- Serve nutritious snacks. What did you serve?

- 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 19

Establishing a Nurturing Bath Time Routine; Establishing a Nurturing Bedtime Routine

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 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)

- 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). 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 20
**Our Bodies and Sex; Personal Space and Saying "NO";
Love, Sex, STDs and AIDS**

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 have an increased awareness and use of the proper words for sexual body parts.

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

Explain your Rating: _____

2. I can describe the term "Personal Space."

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

Explain your Rating: _____

3. I respect the personal space of my children.

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

Explain your Rating: _____

4. I teach my children how to say "No" to unwanted touch.

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

Explain your Rating: _____

5. I have increased my understanding of AIDS, STDs, and practicing safe sex.

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

Explain your Rating: _____

B. Home Practice Assignment:

1. Read **Chapter 34 - STDs, AIDS, and HIV** and **Chapter 35 - Developing Children's Sexual Self-Worth** in your Parent Handbook and complete any written exercises.
2. Complete the **Family Home Practice Assignment**:

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?

- What name did you have for your genitals as a child?

- What name do you have now for your genitals?

- What name do your children have for their genitals?

- Identify your biggest fears in teaching your children correct names for their genitals.

- On a scale of 1 (low) to 5 (high), rate the following and offer rationale for your rating:

I like my body. 1 2 3 4 5

because: _____

I like the way I look. 1 2 3 4 5

because: _____

I like the person I am. 1 2 3 4 5

because: _____

I feel comfortable discussing sex-related matters with my partner. 1 2 3 4 5

because: _____

I feel comfortable discussing sex-related matters with my children. 1 2 3 4 5

because: _____

- 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.
- 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.
- 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). 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 21

Understanding and Handling Stress; Helping Children Manage Their Behavior

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 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 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.

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

- 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.

I tried _____
...and this was the result _____

I tried _____
...and this was the result _____

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? _____

- 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 22

Managing Anger; Alternatives to Spanking

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 describe appropriate ways to express 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 techniques.

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

Explain your Rating: _____

4. I can identify one time 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**:

Make a plan to control your anger, and be able to express it in the way you desire.

- 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. When this happens, _____
I want to _____
 2. When this happens, _____
I want to _____
 3. When this happens, _____
I want to _____

- Teach your children ways they can manage their anger using the strategies listed in your Parent Handbook. List five ways you want your children to be able to express their anger appropriately:

1. When this happens, _____
I want you to _____

2. When this happens _____
I want you to _____

3. When this happens, _____
I want you to _____

4. When this happens, _____
I want you to _____

5. When this happens, _____
I want you to _____

- 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 23
**Possessive and Violent Relationships;
People, Possessions and Positive Self-Talk**

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 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 have sought assistance.

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

Explain your Rating: _____

4. I understand what is a parent-child power struggle.

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

Explain your Rating: _____

5. I can avoid or resolve power struggles with my 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 48 - Possessive and Violent Relationships** 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.
 - 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). 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 24
**Families and Alcohol; Keeping Kids Drug Free;
Smoking and My Child's Health**

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 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 My Child's Health** in your Parent Handbook or Easy Reader 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 25

Criticism and Confrontation; Problem Solving, Decision Making, Negotiation and Compromise

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 define the difference between Confrontation and Criticism.

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

Explain your Rating: _____

2. I can give examples of both forms of communication.

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

Explain your Rating: _____

3. I can describe the dangers of Criticism.

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

Explain your Rating: _____

4. I can describe the benefits of Confrontation.

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

Explain your Rating: _____

5. I understand and use problem solving, decision making, negotiation and compromise as communication

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

Explain your Rating: _____

B. Home Practice Assignment:

1. Read **Chapter 44 - Criticism, Confrontation and Rules for Fair Fighting** and **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**:

- 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?

- Problem Solving and Decision Making Exercise:

1. What is the problem? _____

2. Whose problem is it? _____

3. What have you tried: _____

4. Write down a goal statement (what do you want to see instead?): _____

5. List 5 ways to achieve the goal:

- _____
- _____
- _____
- _____
- _____

6. Pick out three of your favorite ideas from above.

- _____
- _____
- _____

Try your new ideas. If the problem remains, go back to the problem statement and the goal statement and check for accuracy. Is the problem you identified really the problem, or is there another problem?

- Negotiation and Compromise Exercise:

1. What is the problem? _____

2. Whose problem is it? _____

3. What have you tried: _____

4. Write down a goal statement (what do you want to see instead?): _____

5. List 5 ways to achieve the goal:

- _____
- _____
- _____
- _____
- _____

6. Pick out three of your favorite ideas from above.

- _____
- _____
- _____
- Try your new ideas. If the problem remains, go back to the problem statement and the goal statement and check for accuracy. Is the problem you identified really the problem, or is there another problem?
- 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 26

Ignoring; Toilet Training

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 have increased my understanding of the use of Ignoring as a parenting strategy.

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

Explain your Rating: _____

2. I can demonstrate my ability to use Ignoring appropriately as a parenting strategy.

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

Explain your Rating: _____

3. I understand when to expect my child to be potty trained.

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

Explain your Rating: _____

4. I know and practice the strategies involved in potty training.

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

Explain your Rating: _____

B. Home Practice Assignment:

1. Read **Chapter 39 - Ignoring as a Parenting Technique** and **Chapter 40 - Toilet Training** in your Parent Handbook and complete any written exercises.

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

- Practice using Ignoring as a behavior management technique. Keep note of the times it works successfully and the times it doesn't. List one time you tried Ignoring and the results:

- 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.
- If appropriate, practice potty training your child with techniques and steps presented in this chapter. Did you practice potty training/ Describe:

- 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).

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 27
Assessment, Certificates and Closing

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 demonstrate parenting competencies.

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

Explain your Rating: _____

2. I demonstrate what I've learned in the program.

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

Explain your Rating: _____

3. I celebrated the completion of my 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).

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

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

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

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

Congratulations on a job well done!