

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

Parent Handbook

Table of Contents

Chapter 1	Welcome; Rating My Nurturing Parenting Skills	1
Chapter 2	Children's Brain Development.....	8
Chapter 3	Nurturing As A Lifestyle	15
Chapter 4	Building Parent-Child Bonding and Attachment	20
Chapter 5	My Body is Mine.....	27
Chapter 6	Ages and Stages: Having Appropriate Expectations.....	33
Chapter 7	Ages and Stages: Infants Birth to One Year.....	39
Chapter 8	Ages and Stages: Toddlers One Year to Three Years	45
Chapter 9	Ages and Stages: Preschool Three Years to Six Years	54
Chapter 10	Toilet Training	61
Chapter 11	Unpacking Pink and Blue: Why Brain Science Doesn't Pick Sides	68
Chapter 12	Developing Empathy: Teaching Children to Care	74
Chapter 13	Meeting Our Needs and the Needs of Our Children.....	80
Chapter 14	Recognizing and Understanding Our Feelings.....	88
Chapter 15	Helping Children Handle Big Feelings: Emotional Development & Self-Regulation	95
Chapter 16	Establishing a Nurturing Parenting® Routine	102
Chapter 17	How to Protect Our Children	108
Chapter 18	Establishing Nurturing Diapering and Dressing Routine	115
Chapter 19	Establishing a Nurturing Feeding Time Routine	120
Chapter 20	Feeding Young Children Nutritious Food.....	125
Chapter 21	Establishing a Nurturing Bath Time Routine.....	131
Chapter 22	Establishing a Nurturing Bed Time Routine.....	137
Chapter 23	Building Self-Worth	147
Chapter 24	Developing Personal Power in Children and Adults	156
Chapter 25	Nurturing Parenting® Strategies.....	162
Chapter 26	Family Morals and Values.....	172
Chapter 27	Family Rules	179
Chapter 28	Self-Regulation: A Nurturing Parenting® Practice.....	187
Chapter 29	Understanding Why Parents Spank Their Children.....	200
Chapter 30	Spoiling Your Children	208
Chapter 31	Praising Children and Their Behavior	214

Chapter 32	Child Proofing Your House from Danger.....	222
Chapter 33	Calm Words and Nurturing, Gentle Guidance	231
Chapter 34	Understanding and Expressing Your Anger	239
Chapter 35	Helping Your Children Express Their Anger.....	245
Chapter 36	Managing Stress	251
Chapter 37	Supporting Your Child's Self-Regulation	258
Chapter 38	Managing Conflict with Nurturing Love, Not Fear: Moving Beyond Criticism and Confrontation	263