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The *Family Nurturing Journal*, *Parent Handbook*, *Parent Handbook*, *Group Facilitator's Instructional Manual*, *Children's Instructional Manual*, and *audio-visual programs* are component parts of the *Nurturing Program for Young Parents and Families® 16 Session Group-Based and Seven Session Home-Based Program*.

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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

Dear Parents:

Welcome to the Nurturing Program for Young Parents and Their Families.® Congratulations on making a very wise choice in participating in the Program. Your lives as individuals and as a family will improve dramatically for the better. You will notice that family members are getting along better. There will be more laughter, more cooperation, and stronger feelings of attachment and closeness. All this won't happen without hard work and a commitment to positive change. There will be the usual bumps in the road with moments of frustration and doubt. But nothing ever worth working for ever came easy.

The Family Nurturing Journal will help guide you in increasing your Nurturing Parenting beliefs and skills. Notice that at the top of each 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 Family Nurturing Journal is dedicated to the changes that are going on in yourself, your children and your family. Keep entries current. Write in the journal at least once a week. Write more often if you'd like. Record the differences you notice; the good ones and the bad ones. 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

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: _____

Home Session 2

Family Nurturing Plan: Assessment Review and Planning

Changes I've seen this week:

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

Home Session 3

Tutorial Support

Session Competencies:

Write Session Competencies here: _____

Home Practice Assignment: (Use the lines below to write your responses.)

Write Home Practice Assignment here:

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

Home Session 3

Tutorial Support

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: _____

Home Session 4

Tutorial Support

Session Competencies:

Write Session Competencies here: _____

Home Practice Assignment: (Use the lines below to write your responses.)

Write Home Practice Assignment here:

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

Home Session 4

Tutorial Support

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: _____

Home Session 5

Tutorial Support

Session Competencies:

Write Session Competencies here: _____

Home Practice Assignment: (Use the lines below to write your responses.)

Write Home Practice Assignment here:

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

Home Session 5

Tutorial Support

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: _____

Home Session 6

Home Session Assessments

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: _____

Home Session 7

Review Posttest Parenting Profiles; Make Plans for Continued Parent Support

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: _____

Group Session 1

Introductions; Hopes and Fears; Program Description; Positive and Negative Nurturing in My Personality

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: _____

Group Session 2

The Seven Principles of Nurturing Parenting: Being a Young Parent in My Family

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: _____

Group Session 3

Building Parent-Child Bonding and Attachment; Developing Empathy

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: _____

Group Session 4

Ages & Stages of Development; Children's Brain Development; Adolescence and Teen's Brain Development

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: _____

Group Session 5

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

Changes I've seen this week:

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

Group Session 6

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

Changes I've seen this week:

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

Group Session 7

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

Changes I've seen this week:

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

Group Session 8

Developing Family Morals and Values; Developing Family Rules

Session Competencies:

1. Parents can describe the difference between family morals and values.
2. Parents can identify three family morals.
3. Parents can identify three family values.
4. Parents can establish a list of Family Rules.
5. Parents can implement Family Rules.

Home Practice Assignment: (Use the lines below to write your responses.)

1. Read **Chapter 18: Developing Family Morals and Values** and **Chapter 19: 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.
 - Meet as a family and make a list of rules. When completed, post the rules in an obvious place so parents and children can refer to them when a behavior needs to be performed. "Derek, I need you to follow our family rules and pick up your toys from the play room floor."
 - Recall a time during your childhood when you were held accountable to some rule and your brothers/sisters or parents were not. What was the rule? How did you feel? What did you do or say?
 - Spend a minimum of 30-45 minutes each day playing, reading, and/or massaging your child(ren).

Group Session 8

Developing Family Morals and Values; Developing Family Rules

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: _____

Group Session 9

Rewarding Children and Their Behavior; Punishing Children's Behavior

Changes I've seen this week:

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

Group Session 10

Recognizing and Handling Feelings; Helping Your Children Handle Their Feelings

Changes I've seen this week:

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

Group Session 11

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

Changes I've seen this week:

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

Group Session 12

Possessive and Violent Relationships and Positive Self-Talk; Keeping Our Children Safe

Changes I've seen this week:

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

Group Session 13

Understanding and Handling Stress; Touch, Personal Space and Date Rape

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: _____

Group Session 14
Managing Anger;
Alternatives to Spanking

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: _____

Group Session 15

Love, Sex, STDs and AIDS; Our Bodies, Sex and Birth Control

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: _____

Group Session 16

Hopes and Fears; Certificates, and Closing

Session Competencies:

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

Home Practice Assignment:

Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren) using the activities provided in the *Nurturing Book for Babies and Children*.

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!