Nurturing Program for Young Parents and their Families® 16 Session Group-Based and 7 Session Home-Based Program

Family Nurturing Journal

This Journal belongs to the

Family



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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.

For more information on these and other materials, contact:

The Nurturing Parenting Programs®

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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.

Getting Acquainted; Program Description; Pretest Assessments

Session Competencies:

- 1. Parents are willing to participate in the program
- 2. Parents understand the program format and requirements.
- 3. Parents are willing to complete program assessments.

Home Practice Assignment:	(Use	the lines	below	to	write	your res	ponses.
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child(ren).			,	F 7 3 /	,	massaging	, , ,

Getting Acquainted; Program Description; Pretest Assessments

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

Family Nurturing Plan: Assessment Review and Planning

Session Competencies:

- 1. Parents review their parenting profiles and can describe their parenting strengths and areas needing improvement.
- 2. Parents and home visitor work together in identifying and forming a plan to remediate areas of need that are identified on the NSCS.

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

Spend a m child(ren).	inimum	of	30-45	minute	s each	day	playing,	reading,	and/or	massaging	you

Family Nurturing Plan: Assessment Review and Planning

Use the following statements to identity changes you've noticed since your last Nurturing Progression. 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:

Tutorial Support

Se	ssi	on Competencies:
		rite Session Competencies here:
Но		Practice Assignment: (Use the lines below to write your responses.) rite Home Practice Assignment here:
	•	Spend a minimum of 30-45 minutes each day playing, reading, and/or massaging your child(ren).

Tutorial Support

Use the following statements to identify changes you've noticed since your last Nurturing Pro Session. Remember, changes can be positive or negative - all are a part of growth!	gran
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:	

Tutorial Support

Sessi	ion Competencies:
W	rite Session Competencies here:
	Practice Assignment: (Use the lines below to write your responses.) rite Home Practice Assignment here:
•	Spend a minimum of 30-45 minutes each day playing, reading, and/or massaging your child(ren).
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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:

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 child(ren). 	your
	
	

Tutorial Support

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

Posttest Assessments

Session Competencies:

Parents are willing to complete end of program assessments.

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

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

Home Session Assessments

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:

Review Posttest Parenting Profiles; Make Plans for Continued Parent Support

Session Competencies:

- 1. Parents review their parenting profiles and can describe their parenting strengths and areas that need continued work.
- 2. Parents and home visitor work together in reviewing the plan that was made at the beginning of the program to remediate area of need identified on the NSCS.
- 3. Parents review their Family Nurturing Plan competency assessment.

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

Write Home Practice Assignment here:

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

Review Posttest Parenting Profiles; Make Plans for Continued Parent Support

Use the following statements to identify changes you've noticed since your last Nurturing Prog Session. Remember, changes can be positive or negative - all are a part of growth!	rai
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:	
Changes I ve noticed in my family this week are.	

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

Session Competencies:

- 1. Parents can share their hopes and fears about participating in the program.
- 2. Parents understand the program format and requirements.
- 3. Parents are willing to participate in the program.
- 4. Parents can describe the difference between positive and negative nurturing.
- 5. Parents can define the four characteristics that make up our personality.

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

- 1. Read the information Chapter 1: Orientation and Program Description and Chapter 43: Positive and Negative Nurturing and My Personality 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. 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. If appropriate, ask your children or partner to draw their traits. Share your pictures. Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your

child(ren).	, , , , ,	<i>3.</i>	3 3 7

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

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:	
changes I ve nonced in my family this week are.	
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The Seven Principles of Nurturing Parenting; Being a Young Parent in My Family

Session Competencies:

- 1. Parents can describe the seven concepts and practices of Nurturing Parenting.
- 2. Parent can assess their degree of skill and ability in each of the seven nurturing parenting areas.
- 3. Parent can define their philosophy of parenting.
- 4. Parents can share the circumstances surrounding their pregnancy.

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

- 1. Read the information in Chapter 2: The Seven Principles of Nurturing Parenting 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 other family members. Help them acquire a meaningful, working definition of the word, and use the word frequently to describe caring situations and actions.
 - Review your ratings from the "Rating My Nurturing Skills" Survey in your Parent Handbook with your partner. Where are your strengths? Where are your partner's strengths?
 - List three ways you can work on improving your nurturing skills.
 - Do something to nurture yourself.
 - Depending on the age of your child, begin doing activities designed to promote parentchild attachment and to stimulate your child's brain development. List five things you tried. What was your child's response?

Spend a minimum of 30-45 minutes each day playing, reading, and/or massaging your

child(ren).		

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 nonced in my children mis week are.				
Changes I've noticed in my family this week are:				

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Building Parent-Child Bonding and Attachment; Developing Empathy

Session Competencies:

- 1. Parents can define the concepts and practices of bonding, attachment, attunement and empathy.
- 2. Parents can explain why bonding and attachment are important parenting practices.
- 3. Parents can demonstrate attachment parenting behaviors: use of gentle touch; practices massage; makes eye contact, smiles and mimics; talks to child; reads and plays with child.
- 4. Parents can define the word "empathy" and the importance of empathy in parenting.
- 5. Parents help children recognize and understand their feelings.
- 6. Parents can identify ways to promote empathy in children.

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

- 1. Read Chapter 44: Building Parent-Child Bonding and Attachment and Chapter 11: Developing **Empathy** in your **Parent Handbook** and complete any written exercises.
- 2. Complete the Family Home Practice Assignment:
 - Review the information in this chapter with other family members. Identify the ways you already build your positive attachment. What are they?
 - Identify the things you can do to increase your positive attachment with your child(ren). What are the additional ways you will build your parent-child attachment?
 - Spend a minimum of 30-45 minutes each day playing, reading, and or massaging your child(ren).
 - List three ways your children demonstrate caring.
 - List three ways you demonstrate caring. Identify three things you can to do encourage your child to develop empathy.

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:				

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

Session Competencies:

- 1. Parents can identify the four primary areas of development in children.
- 2. Parents know the importance of stimulating brain development through quality parent-child time.
- 3. Parents know children's brains are shaped in the manner in which they are treated.
- 4. Parents can describe the importance of the "critical windows of brain development."
- 5. Parents are able to engage children in age appropriate developmental play.
- 6. Parents can describe three facts about the development of teen brains.

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

- 1. Read the following and complete any written exercises:
 - Chapter 3: Critical Times for Children's Brain Development
 - Chapter 4: Ages & Stages: Having Appropriate Expectations of Children
 - Chapter 5: Developmental Stage: Infancy
 - Chapter 6: Developmental Stage: Toddler
 - Chapter 7: Developmental Stage: Preschooler
 - Chapter 8: Skills Strips Development Check List
 - Chapter 45: Teen's Brain Development
- 2. Complete the Family Home Practice Assignment:
 - Review the information in this chapter with other family members. Identify the ways you already build your positive attachment. What are they?
 - Identify the things you can do to increase your positive attachment with your child(ren). What are the additional ways you will build your parent-child attachment?
- 3. List a behavior that you have observed in your child in each of the four principal areas of development: Physical - Intellectual - Language - Social/Emotional.

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

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

Changes Tive seen this week:

changes I ve seen this week.
Use the following statements to identify changes you've noticed since your last Nurturing Programs. 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 Children This week are.
Changes I've noticed in my family this week are:

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

Session Competencies:

- 1. Parents can identify the six areas of human needs (SPICES).
- 2. Parents make a plan to get personal needs met on a regular basis.
- 3. Parents can describe the term Personal Power.
- 4. Parents can identify ways to build their own sense of personal power.
- 5. Parents can describe strategies to build personal power in children.

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

- 1. Read Chapter 12: The Needs of Adults and Children (S.P.I.C.E.S. of Life) and Chapter 15: Personal Power in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment:
 - Using the categories of needs to help children understand their behavior and the behavior of others. "Why do you suppose your baby brother is acting this way? What need do you think he's trying to get met?"
 - Use "needs" to describe your own behavior or desires:
 - Take time to nurture yourself. What did you do?
 - Honor and respect your children's needs. Be helpful in assisting them to get their needs met appropriately.
 - Discuss with your family the concept of Personal Power.
 - Use the strategies presented in this chapter to build personal power in your children.
 - List the top five ways you use your personal power in positive ways and negative ways.

Spend a minimum of 30-45 minutes each day playing, reading and/or massaging your

child(ren).

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:

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

Session Competencies:

- 1. Parents can describe the term "Self Worth."
- 2. Parents can describe the importance of having positive self-worth as a parent.
- 3. Parents can use at least three strategies to improve children's self-worth.
- 4. Parents can identify the difference between "Praise for Being" and "Praise for Doing."
- 5. Parents practice praising self for Being and Doing every day.

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

- 1. Read Chapter 14: Building Self-Worth and Chapter 9: Praising Children and Their Behavior in your Parent Handbook and complete any written exercises..
- 2. Complete the Family Home Practice Assignment:
 - Complete the "Labels" exercise in this chapter.
 - Use positive labels.
 - Improve your children's self-worth.
 - Practice praising your child(ren) two times a day for Being and two times a day for Doing.
 - Praise yourself once each day for being and doing.
 - Keep count of the number of times people offered you a compliment in one day. How did you respond?
 - Keep count of the number of times you praised yourself in one week. Which one do you remember the most?
 - List the top five ways you use your personal power in positive ways and negative ways.
 - Spend a minimum of 30-45 minutes each day playing, reading, and/or massaging your child(ren).

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:

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

Session Competencies:

- 1. Parents can describe the meaning of "Discipline."
- 2. Parents can identify the type of discipline being used on their children.
- 3. Parents can describe their childhood experience with discipline.
- 4. Parents can identify reasons why parents use spanking as a technique.
- 5. Parents can describe why hitting children is not a good parenting practice.

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

- 1. Read Chapter 16: Discipline with Dignity and Chapter 17: Understanding Why Parents Spank 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.
 - List ways you currently discipline children.
 - Make a plan to "discipline as a team" so the children don't receive mixed messages.
 - Talk to your partner about the reasons why parents spank children.
 - Share the reasons why you were spanked. How did you feel then? Now?
 - If you spank your children, discuss why and what you hope to accomplish. Does spanking work?

Spend a minimum of 30-45 minutes each day playing, reading, and/or massaging your

If you spank, list four things you can do instead.

child(ren).

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

Use the following statements to identify changes you've noticed since your last Nurturing Progra Session. Remember, changes can be positive or negative – all are a part of growth!					
Changes I've noticed in myself this week are:					
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Changes I've noticed in my children this week are:					
Changes I've noticed in my family this week are:					

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 child(ren).	of 3	30-45	minutes	each	day	playing,	reading,	and/or	massaging	you

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

Rewarding Children and Their Behavior; Punishing Children's Behavior

Session Competencies:

- 1. Parents can discuss the importance of consequences to behavior.
- 2. Parents can describe the difference between rewards and punishments.
- 3. Parents can identify the five different types of rewards.
- 4. Parents can utilize nurturing rewards appropriately.
- 5. Parents can identify the five different types of punishments.

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

- 1. Read Chapter 20: 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.
 - 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).

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 Children this week at e.
Changes I've noticed in my family this week are:
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Recognizing and Handling Feelings; Helping Your Children Handle Their Feelings

Session Competencies:

- Parents can describe the difference between feelings of comfort and feelings of discomfort.
- 2. Parents can describe the issues of suppressing feelings of discomfort.
- 3. Parents can describe ways they manage their feelings.
- 4. Parents can identify at least three strategies to help children learn to manage their feelings.
- 5. Parents can describe ways to help children manage their behavior.

- 1. Read Chapter 13: Recognizing and Understanding Feelings; 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.
 - Practice honoring children's desires.
 - Help children express their feeling energy in positive ways.
 - Model appropriate ways to express your feelings.
 - Spend a minimum of 30-45 minutes each day playing, reading, and/or massaging your children.

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:
Changes 176 nonced in my family mis week at o.

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

Session Competencies:

- 1. Parents can identify the important conditions of a nurturing bath time routine.
- 2. Parents can describe their nurturing bath time routine.
- 3. Parents can identify the important conditions for a nurturing bedtime routine.
- 4. Parents can describe their nurturing bedtime routine.
- 5. Parents have established nurturing bedtime and bath time routines.

- 1. Read Chapter 34: Establishing a Nurturing Bath Time Routine and Chapter 36: Establishing a Nurturing Bedtime Routine, in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment:
 - Practice implementing the nurturing bath time routine with each of your children.
 - Practice implementing the nurturing bedtime routine with each of your children.
 - Spend a minimum of 30-45 minutes each day playing, reading, and/or massaging your child(ren).

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:

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

Session Competencies:

- 1. Parents will increase their awareness of characteristics of domestic violence.
- 2. Parents will increase their understanding of possessive and violent relationships.
- 3. Parents experiencing domestic violence will seek assistance.
- 4. Parents can describe ways to keep their children safe.
- 5. Parents demonstrate ways to keep their children safe.

- 1. Read Chapter 47: Possessive and Violent Relationships and Chapter 46: How to Protect Our Children in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment:
 - Review the information on possessive and violent relationships provided in class.
 - Seek help from professionals if experiencing a violent relationship.
 - Praise yourself once a day.
 - Hold a family meeting to discuss ways to stay safe from physical, emotional and sexual harm.
 - Discuss where they might find these dangers. (In the car, home, strangers, school, friends, community, internet, videogames. etc.)
 - Establish a special password with your child(ren) to help them identify strangers.
 - Discuss how they should react if a stranger tries to approach them. Practice what they should do together as a family. Spend a minimum of 30-45 minutes each day playing, reading, and/or massaging your

child(ren).

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:

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

Session Competencies:

child(ren).

- 1. Parents can identify healthy ways to reduce stress.
- 2. Parents can describe a plan to reduce personal stress.
- 3. Parents can describe the difference between appropriate and inappropriate touch.
- 4. Parents can describe and demonstrate the concept of personal space.
- 3. Parents can describe the dangers of date rape drugs and ways to protect themselves from date rape.

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

- 1. Read Chapter 35: Understanding and Handling Stress and Chapter 24: Touch, Personal Space and Date Rape 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.
 - Make a plan how you can reduce or prevent these stressors from dictating the quality of your life.
 - Develop a plan to cope with the stressors you can't change.
 - Identify five stressors (things that cause stress) in your children's lives.
 - What can you do to help your children reduce their stress?
 - Share this information with a friend. What are you going to do differently when going out on a date?

Spend a minimum of 30-45 minutes each day playing, reading, and/or massaging your

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:

NP4FNJ16 2/12/14

Managing Anger; Alternatives to Spanking

Session Competencies:

- 1. Parents can describe appropriate ways to express anger.
- 2. Parents can identify appropriate ways to teach children to express anger.
- 3. Parents practice appropriate anger management strategies.
- 4. Parents can identify one time they could have used spanking but chose to use an alternative technique instead.
- 5. Parents can describe alternatives to spanking.

- 1. Read Chapter 37: Understanding and Expressing Your Anger and Chapter 38: Helping Children to 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.
 - Teach your children ways they can manage their anger using the strategies listed in your Parent Handbook.
 - 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).

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:

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

Session Competencies:

- 1. Parents have increased understanding of AIDS and STDs.
- 2. Parents have increased knowledge of practicing safe sex.

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

- Read Chapter 25: Love, Sex, STDs and AIDS and Chapter 26: Developing Children's Sexual Self-Worth in your Parent Handbook and complete any written exercises.
- 2. Complete the Family Home Practice Assignment:
 - Share this information with a friend. What are you going to do differently when going out on a date?
 - Review the information on AIDS, STDs, and HIV with members of your family.
 - Answer the following questions with your partner or close friend:
 - What memories do you have of your childhood sexual education and was it helpful or hurtful?
 - Who were the most instrumental people in teaching you sex education?
 - What are your biggest anxieties about issues related to sex, nudity, and body part terminology?

Spend a minimum of 30-45 minutes each day playing, reading, and/or massaging your

- Do you know how they originated?
- Do your anxieties help you or hinder you?
- Do something to nurture yourself.

child(ren).	, , , , ,	3 3 ,

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 The national in my shildness this week and
Changes I've noticed in my children this week are:
Changes I've noticed in my family this week are:

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!