

Session 19 Agenda

Activity	Time	Required Materials
19.1 Welcome, Check-In and Icebreaker	20 Minutes	Parent Handbooks, flip chart, magic markers
19.2 Establishing Nurturing Parenting Routines	50 Minutes	A/V Part 15: <i>Establishing Nurturing Parenting Routines</i> , A/V equipment, Parent Handbooks, flip chart, magic markers
19.3 Family Nurturing Time: Here's One Foot	20 Minutes	Snacks and beverages
19.4 Smoking and My Child's Health	50 Minutes	Parent Handbooks, flip chart, magic markers
19.5 Closing Activity: Home Practice, Evaluation and Praise Circle	10 minutes	Parent Handbooks, Program Evaluation Forms, Family Logs

ACTIVITY 19.1	Welcome and Icebreaker
TIME	10 Minutes
CONSTRUCT	Self-Awareness, Empathy
MATERIALS	Parent Handbooks, flip chart, magic markers

GOAL To involve teen parents in the processes of listening and sharing.

OBJECTIVES

1. To welcome the parents to Session 19.
2. To review successes and attempts in the Home Practice Assignment.
3. To share changes in self, children and family.

PROCEDURES

1. Welcome the teen parents to Session 19. Express your excitement that they are there and ready to learn! Check in with each teen by having them respond to the following:

Right now, I'm feeling _____. **Something new that happened to me since our last class was _____.**

Today my child is feeling _____ and something new I noticed about him/her is _____.

2. Review the Home Practice Assignment for the week.
3. Ask the group to share any changes they've noticed in themselves, their children, and their family.
4. Review with the group the concepts they will be learning today:
 - a. The importance of establishing nurturing parenting routines.
 - b. Smoking and the effects on children's health.

NOTES AND SUGGESTIONS

There is a lot of information to be presented this session. Keep the discussions moving.

ACTIVITY 19.2	Establishing Nurturing Parenting Routines
TIME	50 Minutes
CONSTRUCT	Behavior Encouragement, Empathy
MATERIALS	A/V Part 15: <i>Establishing Nurturing Parenting Routines</i>, A/V equipment, Parent Handbooks, flip chart, magic markers

GOAL To increase parents' ability to establish nurturing routines with their children.

OBJECTIVES

1. To increase parents' awareness of nurturing parenting routines.
2. To identify times when nurturing parenting routines could be established.
3. To discuss the value of establishing nurturing routines.

PROCEDURES

1. Mention to the parents that many of the hassles of bedtime, dinnertime, bath time and getting dressed can be reduced or eliminated by establishing a routine. Write the word **ROUTINE** on the flip chart. Brainstorm the meaning of the word. Why are routines important for parents and children?

2. Ask parents to take turns responding to the following statements one at a time:

One routine in my life right now is _____.

One routine from my childhood that I can remember is _____.

2. Have parents locate the information on *Establishing Nurturing Parenting Routines* located in **Chapter 27** of their **Parent Handbooks**. Review the following information with them:
 - a. A routine is a consistent way of doing something.
 - b. A nurturing routine is a consistent way of parenting that empowers children by building their sense of consistency, predictability and success, which in turn enhances their self-concept and self-esteem.
 - c. Nurturing routines help establish:
 - Feelings of trust and security
 - Empathy
 - Personal power
 - Positive self-esteem and self-concept
 - d. Nurturing routines consist of:
 - Gentle positive touch
 - Praise for being and doing
 - Pleasant expressions and tone of voice
 - Having a sense of caring
 - Having fun and a sense of humor

e. For young children, nurturing routines can be established for:

- Diapering and dressing times
- Feeding times
- Bath times
- Bed time

3. Present A/V **Part 15: *Establishing Nurturing Parenting Routines.***

4. When the presentation is complete, ask parents to respond to the following statements:

One routine we have in our family now is _____.

One routine I especially need to establish is _____.

NOTES AND SUGGESTIONS

1. The nurturing routines concept embodies all the major goals of the program into action. Discussing the concept is necessary before teaching the parents how to implement the behavior.
2. If parents need more information or practice on massage, build it into the program.

ACTIVITY 19.3	Family Nurturing Time: Here's One Foot
TIME	20 Minutes
CONSTRUCT	Developmental
MATERIALS	Snacks and beverages

GOAL To increase parent-child interactions through play.

OBJECTIVES

1. To involve children and parents in active and cooperative musical activities.
2. To foster creative expression through musical activities.
3. To physically and emotionally nourish parents and children.

PROCEDURES

Please note: The goal of the activity is to promote nurturing through music and food. A great idea is to make this time a cultural awareness time. Celebrate different cultures with their foods, their games, and their music. For parents and babies, use the activities in the Nurturing Book for Babies and Children. The songs presented during Family Nurturing Time are suggested activities. Substitute at will but keep the focus on food, fun and nurturing.

1. Have the food and drink available for parents and children. Have plenty to eat and drink and tables and chairs if possible.
2. Initiate the activity after snacks and beverages have been served. Request that parents and children stand in a circle to participate in this activity.
3. Ask the group if they know the song, "*Here's One Foot.*" Sing a bit so they know the melody.
4. Tell the group that we are all going to pretend to be an old man who will do a variety of things.
5. Demonstrate what you want to do using the following verse:

Here's One Foot
*Here's one foot, here are two,
 Each is wearing one new shoe
 So I'll stand up, turn around, dance around the floor.
 Dancing is what feet are for!*

6. Alter the movement by suggesting, or requesting that the group suggest, the desired movement. Some suggested movements are: *walk, run, skip, march*, etc.
7. End the activity with the Good-Bye Snack Song.

ACTIVITY 19.4	Smoking and My Child's Health
TIME	50 Minutes
CONSTRUCT	Empathy, Self-Awareness
MATERIALS	Parent Handbooks, flip chart, magic markers

GOAL To increase parents' awareness of the health risks of smoking to themselves and their children.

OBJECTIVES

1. To increase awareness of the reasons why teens smoke.
2. To increase the understanding of the dangers of second hand smoke.
3. To increase understanding of the importance of being a positive role model.
4. To brainstorm ways to quit smoking.

PROCEDURES

1. Mention to the teens that today's discussion on ways to nurture yourself will focus on the dangers to them and their children of smoking.
2. Begin by asking the teens a few questions:
 - a. How many teens in the group smoke cigarettes?
 - b. Ask them to recall the first time they lit up. How old were they?
 - c. Review with the group how many of the teens' parents smoke.

Ask each teen to respond to the following:

My earliest memory of my parents smoking is _____.

3. On the flip chart, draw a line down the center making two columns. Label one column **POSITIVES** and name the other column **NEGATIVES**. From their point of view, brainstorm with the group
 - a. The positive reasons why they smoke and
 - b. The negative effects they get from smoking.
4. Brainstorm with the group the following:

What are some of the dangers of secondhand smoke to my child?

Write the responses on the flip chart.

5. Review with the teens the information on *Smoking and My Child's Health* in **Chapter 28** of their **Parent Handbooks**.

Smoking and Health Risks

- Although fewer teens smoke today than they did 20 years ago, smoking remains a significant health risk among teenagers.
- Each day nearly 5,000 adolescents ages 11 to 17 smoke their first cigarette.
- Twenty-eight percent (28%) of high school students describe themselves as current smokers.
- Thirty-three percent (33%) of adolescent smokers will eventually die of smoking-related illnesses.
- White teens smoke more than Black teens with Hispanic teens somewhere in the middle.
- Teens who perform poorly in school are more likely to be smokers.
- Depression also seems to be a risk factor for smoking.
- Health risks of smoking include:
 - Increase risk of heart disease
 - Stroke
 - Cancer
 - Emphysema
 - Smoking can worsen lung function, leaving smokers vulnerable to coughing,
 - Wheezing and shortness of breath
- Women who smoke generally have earlier menopause.
- Pregnant women who smoke run an increased risk of having stillborn or premature infants or infants with low birth weight.
- Children of women who smoke while pregnant have an increased risk of developing conduct disorders.

Facts on Secondhand Smoke

- Secondhand smoke is a major cause in children's illnesses.
- It has 40 toxic substances, which cause cancer.
- It is linked to lower respiratory tract infections (croup and pneumonia).
- It is linked to increased fluid in the middle ear (ear infections).
- It is linked to reduced lung function.
- It is linked to additional episodes of asthma.
- It is associated with cancers and leukemia in childhood.
- When a pregnant mother smokes she deprives the fetus of needed oxygen and other nutrients. This may result in:
 - Intellectual and behavioral defects.
 - Low birth weight.

6. Write the term **ROLE MODEL** on the flip chart. Brainstorm with the group the meaning of the terms **POSITIVE ROLE MODEL** and **NEGATIVE ROLE MODEL**.

To be a role model as a parent means to set an example for your children to follow. Positive and negative has to do with the behaviors that are being modeled. A parent smoking is a negative role model because of the health consequences associated with it.

7. Review the facts on the effects of secondhand smoke on the health of unborn children.
- Miscarriage
 - Stillbirth
 - Reduced lung function
 - Complications in Pregnancy
 - Premature birth
8. Address the importance of smoking as a health issue and focus on ways teens can learn to quit. Brainstorm with the group the following:

In order for me to stop smoking, I need _____.

One way I can get this need met is to _____.

NOTES AND SUGGESTIONS

In spite of all health warnings, smoking among female teenagers has been increasing. The focus on the negative effects of secondhand smoke on the child's health, and the negative role model smoking parents present to their children may be the facts teens need to quit.

ACTIVITY 19.5	Closing Activity: Home Practice, Evaluation and Praise Circle
TIME	10 Minutes
CONSTRUCT	Self-Awareness, Empathy
MATERIALS	Parent Handbooks, Program Evaluation Forms, Family Logs

GOAL To increase parents' growth and development.

OBJECTIVES

1. To help parents practice nurturing routines.
2. To help parents learn ways to help their children manage their behavior.
3. To promote nurturing parenting practices.

PROCEDURES

1. Instruct the teen parents to locate their Home Practice Assignment for Session 19 located in their **Parent Handbook** (and in Section 2 of this manual) and review the Assignment with them.
2. Close the session with a praise circle. Allow members to say anything they wish and allow time for silence. As a facilitator, offer praise to the group for their efforts, attendance, and sharing. At an appropriate time, adjourn the group.
3. Hand out **Program Evaluation Forms** for parents to complete *before* they leave.
4. Hand out **Family Logs** for parents to complete *before next week's session*. Information will be shared at Home Practice check-in time.

NOTES AND SUGGESTIONS

Smoking is a serious health issue among teens and a critical health issue for their children. Stress the importance of being a positive role model for health.