<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Nurturing Parenting; Rating Nurturing Skills</td>
<td>3</td>
</tr>
<tr>
<td>2</td>
<td>Nurturing as a Lifestyle</td>
<td>7</td>
</tr>
<tr>
<td>3</td>
<td>Children’s Brain Development</td>
<td>11</td>
</tr>
<tr>
<td>4</td>
<td>Parent-Child Bonding and Attachment</td>
<td>20</td>
</tr>
<tr>
<td>5</td>
<td>Ages and Stages: Appropriate Expectations</td>
<td>24</td>
</tr>
<tr>
<td>6</td>
<td>Ages and Stages: Infants</td>
<td>28</td>
</tr>
<tr>
<td>7</td>
<td>Ages and Stages: Toddlers</td>
<td>37</td>
</tr>
<tr>
<td>8</td>
<td>Ages and Stages: Preschoolers</td>
<td>47</td>
</tr>
<tr>
<td>9</td>
<td>Ages and Stages School-Aged</td>
<td>55</td>
</tr>
<tr>
<td>10</td>
<td>Skills Strips</td>
<td>61</td>
</tr>
<tr>
<td>11</td>
<td>Male &amp; Female Brain</td>
<td>62</td>
</tr>
<tr>
<td>12</td>
<td>Developing Empathy</td>
<td>65</td>
</tr>
<tr>
<td>13</td>
<td>Meeting Our Needs and the Needs of Our Children</td>
<td>71</td>
</tr>
<tr>
<td>14</td>
<td>Recognizing and Understanding Our Feelings</td>
<td>74</td>
</tr>
<tr>
<td>15</td>
<td>Helping Children Handle Their Feelings</td>
<td>79</td>
</tr>
<tr>
<td>16</td>
<td>Spoiling Your Children</td>
<td>83</td>
</tr>
<tr>
<td>17</td>
<td>Building Self-Worth</td>
<td>86</td>
</tr>
<tr>
<td>18</td>
<td>Personal Power</td>
<td>92</td>
</tr>
<tr>
<td>19</td>
<td>Discipline with Dignity</td>
<td>96</td>
</tr>
<tr>
<td>20</td>
<td>Understanding Why Parents Spank</td>
<td>104</td>
</tr>
<tr>
<td>21</td>
<td>Family Morals and Values</td>
<td>109</td>
</tr>
<tr>
<td>22</td>
<td>Family Rules</td>
<td>112</td>
</tr>
<tr>
<td>23</td>
<td>Rewards and Punishments</td>
<td>117</td>
</tr>
<tr>
<td>24</td>
<td>Praising Children and Their Behavior</td>
<td>126</td>
</tr>
<tr>
<td>25</td>
<td>Touching My Children and My Touch History</td>
<td>132</td>
</tr>
<tr>
<td>26</td>
<td>Time Out</td>
<td>135</td>
</tr>
<tr>
<td>27</td>
<td>Child Proofing Your House From Danger</td>
<td>139</td>
</tr>
<tr>
<td>28</td>
<td>Verbal and Physical Redirection</td>
<td>149</td>
</tr>
</tbody>
</table>