Table of Contents

Chapter 1	. 1
Program Orientation; What is Nurturing?; Ten Characteristics of Nurturing Parent and Teen Relationships; Home Practice Assignment	
Chapter 2	. 6
Adolescence: It's Normal for Teens to Act Weird; Teen Brains and Behavior; Puberty and Adolescence; Helping Teens Through Challenging Times; Praising Teenagers and Their Behavior; Home Practice Assignment	
Chapter 31	12
About Me; Do You Know Me?; Home Practice Assignment	
Chapter 4	13
Taking Care of Ourselves: Meeting Our Needs; "Getting My Needs Met" Exercise; Recognizing and Understanding Feelings; Home Practice Assignment	
Chapter 51	18
Parents and Teens Communication Survey; Trusting Teen-Parent Relationships; Constructive Communication; Home Practice Assignment	
Chapter 6	25
Adult Personal Power; Negotiation & Compromise; Problem Solving & Decision Making; "Problem Solving & Decision Making" Worksheet; Home Practice Assignment	
Chapter 7 3	32
Why Teens Stop Talking and Eight Things Parents Can Do; Discipline: Family Morals, Values and Rules; Sample "Family Rules" Chart; Home Practice Assignment	
Chapter 8 3	39
Helping Teens Manage Their Behavior: Rewards and Punishments; Punishments as Consequences of Behavior; Rewards as Consequences to Appropriate Behavior; Home Practice Assignment	;
Chapter 9	44
Understanding and Handling Stress; Families and Alcohol Use; "Families and Alcohol Use" Questionnaire; 12 Steps to Keeping Teens Drug Free; "Self-Awareness" Quiz for Parents; Home Practice Assignment	
Chapter 105	53
Ways to Handle Anger; Date Rape; Violent and Possessive Relationships; Home Practice Assignment	
Chapter 11 5	59
Teen Developmental Issues: Depression, Eating Disorders, Teen Suicide; Home Practice Assignment	