# Nurturing Program for Prenatal Families®

# Family Nurturing Journal

18 Session Home-Based Program

This Journal belongs to the

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Family



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The Family Nurturing Journal, Parent Handbook, Group Facilitator's Instructional Manual and audio-visual programs are component parts of the Nurturing Program for Prenatal Families<sup>®</sup>.

For more information on these and other materials, contact:

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#### About the Author

**Stephen J. Bavolek, Ph.D.** is a recognized leader in the fields of child abuse and neglect treatment and prevention, and parenting education. Born and raised in Chicago, Dr. Bavolek's professional background includes working with emotionally disturbed children and adolescents in schools and residential settings, and abused children and abusive parents in treatment programs. Dr. Bavolek has conducted extensive research in the prevention and treatment of child abuse and neglect.

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.

# Nurturing Parenting Program for Prenatal Families®

# Home-Based Program Family Nurturing Journal

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## How to Use the Family Nurturing Journal

#### Dear Parents:

Welcome to the Nurturing Program for Prenatal 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 home visit builds upon the previous home visit. If you don't understand the information and the skills of the lesson, make sure you tell your home visitor you need more time to learn the skills.

Also presented on each Home Visit 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 home visitor. 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 you, your partner 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 the other members of your family and your home visitor.

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.

# Introductions; Hopes and Fears; Assessing Parenting Strengths

#### Session Competencies:

- 1. Expectant moms ard their partners are willing to share their hopes and fears about participating in the program
- 2. Expectant moms and their partners understand the format of the program.
- 3. Expectant moms and their partners are willing to participate in the program.
- 4. Expectant moms and their partners are willing to complete the assessments.

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

Complete the Home Practice Assignment:

- Read Chapter 1 Program Description and Orientation in your Parent Handbook.
- Write in your Family Nurturing Journal about changes going on with you, your baby, your family. Write them during the week but before the next home visit.
- Spend 60 minutes every day holding/touching, playing with, reading and talking with your unborn child as well as any young children in your family using the activities provided in the Nurturing Book for Babies and Children.


# Introductions; Hopes and Fears; Assessing Parenting Beliefs

## Changes I've seen this week:

# Reviewing My Parenting Strengths; Nurturing as a Lifestyle

#### Session Competencies:

- 1. Expectant moms and their partners can describe their areas of strength and weakness based on their responses to the AAPI and NSCS.
- 2. Expectant parents and their partners can describe the practices of Nurturing Parenting and Abusive Parenting on a continuum.
- 3. Expectant moms and their partners can describe the four-personality character traits developed from nurturing and abusive parenting practices.

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

Complete the Home Practice Assignment:

- Read Chapter 3 Nurturing as a Lifestyle in your Parent Handbook and complete any written exercises.
- Write in your Family Nurturing Journal about changes going on with you, your baby, your family.
- Spend 60 minutes every day holding/touching, playing with, reading and talking with your unborn child as well as any young children in your family using the activities provided in the Nurturing Book for Babies and Children.


# Reviewing My Parenting Strengths; Nurturing as a Lifestyle

## Changes I've seen this week:

# Changes in Me and You

#### Session Competencies:

- 1. Expectant moms and their partners can describe the physical changes that are happening to
- 2. Expectant moms and their partners can describe the emotional changes that are happening
- 3. Expectant moms and their partners can describe the social changes happening to them.

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

Complete the Home Practice Assignment:

- Read Chapter 4 Changes in Me and You in your Parent Handbook and complete any written exercises. What new information did you learn?
- Write in your Family Nurturing Journal about changes going on with you, your baby, your family.

• Spend 60 minutes every day holding/touching, playing with, reading and talking with your

unborn child as well as any young children in your family using the activities provided in the Nurturing Book for Babies and Children.

# Changes in Me and You

# Changes I've seen this week:

	following statements to identify changes you've noticed since your last Nurturing Program 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 <b>family</b> this week are:

## Body Image

#### Session Competencies:

- 1. Expectant moms share their views of their body before and during pregnancy.
- 2. Partners share their views of the expectant mom's body.

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

Complete the Home Practice Assignment:

- Read Chapter 5 My View Then and Now and My Partner's Views Then and Now in your Parent Handbook and complete any written assignments.
- Write in your Family Nurturing Journal about changes going on with you, your baby, your family. Write them during the week but before the next home visit.
- Spend 60 minutes every day holding/touching, playing with, reading and talking with your unborn child as well as any young children in your family using the activities provided in the Nurturing Book for Babies and Children.


# **Body Image**

## Changes I've seen this week:

## Health and Nutrition

#### Session Competency:

Expectant moms and their partners can explain the benefits of calories, protein, calcium, iron, folic acid, and fluids as daily diet nutrients.

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

Complete the Home Practice Assignment.

- Read Chapter 6 Health and Nutrition in your Parent Handbook and complete any written exercises. What new information did you learn?
- Talk to your baby each day and massage your abdomen
- · Write in your Family Nurturing Journal about changes going on with you, your baby, your family.

• Spend 60 minutes every day holding/touching, playing with, reading and talking with your

unborn child as well as any young children in your family using the activities provided in the Nurturing Book for Babies and Children.

# Health and Nutrition

# Changes I've seen this week:

	following statements to identify changes you've noticed since your last Nurturing Program Remember, changes can be positive or negative – all are a part of growth!
Changes :	I've noticed in <b>myself</b> this week are:
Changa	The naticed in my shildren this week one:
	I've noticed in my <b>children</b> this week are:
Changes	I've noticed in my family this week are:
	<del></del>

## Keeping Our Bodies and Babies Healthy

#### Session Competencies:

- Expectant moms and their partners can describe and discuss the high risk health factors presented in the lesson and ways of keeping baby healthy.
- 2. Expectant moms and their partners practice communicating with their baby.

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

Complete the Home Practice Assignment:

- Read Chapter 6: Health and Nutrition and Chapter 7: Keeping Our Bodies and Babies Healthy in your Parent Handbook and complete any written exercises. What new information did you learn?
- Make a commitment to change unhealthy aspects of your lifestyle for the good of the baby. What did you discuss?
- Create a plan for proper nutrition.
- Talk to your baby each day and massage your abdomen.
- Write in your Family Nurturing Journal about changes going on with you, your baby, your family.

Spend 60 minutes every day holding/touching, playing with, reading and talking with your

unborn child as well as any young children in your family using the activities provided in the Nurturing Book for Babies and Children.

# Keeping Our Bodies and Babies Healthy

## Changes I've seen this week:

# Development, Expectations and Fears

#### Session Competencies:

- Expectant moms and their partners share the expectations they have for their baby.
- 2. Expectant moms and their partners share the fears they have of their baby's development.
- 3. Expectant moms and their partners share knowledge of fetal development for the gestation period of their baby.

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

Complete the Home Practice Assignment:

- Review the information in Chapter 8: Fetal Development" in your Parent Handbook. What is something new you learned?
- Talk to your baby each day and massage your abdomen.
- Write in your Family Nurturing Journal about changes going on with you, your baby, your family. Write them during the week but before the next home visit. • Spend 60 minutes every day holding/touching, playing with, reading and talking with your
- unborn child as well as any young children in your family using the activities provided in the Nurturing Book for Babies and Children.

# Development, Expectations and Fears

## Changes I've seen this week:

# Children's Brain Development

#### Session Competencies:

- 1. Expectant moms understand the importance of stimulating brain development through quality parent-child time.
- 2. Expectant moms understand children's brains are shaped in the manner in which they are treated growing up.
- 3. Expectant moms understand the importance of the "critical windows of brain development."

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

#### Complete the Home Practice Assignment:

- Review the information in Chapter 9: Brain Development" in your Parent Handbook. Did you learn something new?
- Change three negative thoughts into positive affirmations. Write the affirmations in your Family Log.
- Talk to your baby each day and massage your abdomen.
- Write in your Family Nurturing Journal about changes going on with you, your baby, your family.

• Spend 60 minutes every day holding/touching, playing with, reading and talking with your

unborn child as well as any young children in your family using the activities provided in the Nurturing Book for Babies and Children.

# Children's Brain Development

## Changes I've seen this week:

# Basic Needs and Nurturing Myself

#### Session Competencies:

- 1. Expectant moms and their partners can identify and discuss the six areas of human needs
- 2. Expectant moms and their partners can identify and describe the area(s) of needs they value and how they get these needs met (or not met).

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

Complete the Home Practice Assignment:

- Review the information in Chapter 10 Getting My Needs Met in your Parent Handbook. Did you learn something new?
- Change three negative thoughts into positive affirmations. Write the affirmations in your Family Log.
- Talk to your baby each day and massage your abdomen.
- Write in your Family Nurturing Journal about changes going on with you, your baby, your family.

• Spend 60 minutes every day holding/touching, playing with, reading and talking with your unborn child as well as any young children in your family using the activities provided in

the Nurturing Book for Babies and Children.

# Basic Needs and Nurturing Myself

## 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:

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# Empathic Parent-Child Relationships

#### Session Competencies:

- Expectant moms and their partners can define the word "empathy."
- 2. Expectant moms and their partners can describe the importance of empathy in parenting.
- 3. Expectant moms and their partners can describe and discuss the myths and facts of spoiling children.

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

Complete the Home Practice Assignment:

- Review the information in Chapter 11: Developing Empathy in the Parent Handbook. Did you learn anything new? Complete the exercises on Ways to Model Empathy on Page 36.
- Review the information in Chapter 12: Myths and Facts About Spoiling Children in the Parent Handbook. What myths do you and/or your partner have regarding spoiling children?
- Continue to work on changing negative thoughts into positive affirmations.
- Talk to your baby each day and massage your abdomen.
- Write in your Family Nurturing Journal about changes going on with you, your baby, your family.

• Spend 60 minutes every day holding/touching, playing with, reading and talking with your unborn child as well as any young children in your family using the activities provided in

the Nurturing Book for Babies and Children.

# Empathic Parent-Child Relationships

## Changes I've seen this week:

# Partners in Pregnancy

#### Session Competency:

Expectant moms and their partners demonstrate a willingness to discuss issues related to pregnancy including finances, the pregnancy, the delivery and parenting.

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

Complete the Home Practice Assignment:

- Review the information in Chapter 13: Partners in Pregnancy in your Parent Handbook and complete any written exercises. What issues do you and your partner face?
- Talk to your baby each day and massage your abdomen.
- Maintain a healthy diet and lifestyle
- · Write in your Family Nurturing Journal about changes going on with you, your baby, your family.

• Spend 60 minutes every day holding/touching, playing with, reading and talking with your unborn child as well as any young children in your family using the activities provided in

the Nurturing Book for Babies and Children.

# Partners in Pregnancy

# Changes I've seen this week:

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

# Maintaining a Healthy Sexual Partner Relationship

#### Session Competencies:

- 1. Expectant moms and their partners can discuss the importance of maintaining a healthy sexual relationship.
- 2. Expectant moms and their partners can discuss how hormonal changes affect sexual activity.

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

Complete the Home Practice Assignment:

- Discuss issues in Chapter 14: Maintaining a Healthy Sexual Partner Relationship in your Parent Handbook about sex and pregnancy. What issues do you and your partner need to discuss?
- Talk to your baby each day and massage your abdomen.
- Maintain a healthy diet and lifestyle.
- · Write in your Family Nurturing Journal about changes going on with you, your baby, your family.

• Spend 60 minutes every day holding/touching, playing with, reading and talking with your unborn child as well as any young children in your family using the activities provided in

the Nurturing Book for Babies and Children.

# Maintaining a Healthy Sexual Partner Relationship

# Changes I've seen this week:

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:

## Nurturing Touch; Why Parents Spank Their Children

#### Session Competencies:

- Expectant moms and their partners can identify and describe the three types of touch.
- 2. Expectant moms and their partners can identify and discuss the reasons why parents spank.
- 3. Expectant moms and their partners can describe why hitting children is not a good parenting practice.

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

Complete the Home Practice Assignment:

- Read Chapter 15: Nurturing Touch in your Parent Handbook and complete the My Touch History Worksheet.
- Read Chapter 16: Why Parents Spank Their Children in your Parent Handbook. What were the primary reasons you were spanked?
- Find a chance to talk to other family members about touch. See what they remember of their early touch experiences. Other family members can include children, husband/wife, grandparents, siblings, parents, etc.
- Write in your Family Nurturing Journal about changes going on with you, your baby, your family.
- Spend 60 minutes every day holding/touching, playing with, reading and talking with your unborn child as well as any young children in your family using the activities provided in the Nurturing Book for Babies and Children.


# Nurturing Touch; Why Parents Spank Their Children

## Changes I've seen this week:

# Infant Massage

#### Session Competencies:

- Expectant moms and their partners can describe the impact gentle touch has upon the brain development of children.
- 2. Expectant moms and their partners can demonstrate massage strokes they learned in class.

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

Complete the Home Practice Assignment:

- Read the Nurturing Touch Handbook.
- Practice some of the strokes on yourself and your partner.
- Practice the massage strokes for baby's legs once each day using a doll or stuffed animal. If you have a toddler at home, you may massage them.
- Write in your Family Nurturing Journal about changes going on with you, your baby, your family.

Spend 60 minutes every day holding/touching, playing with, reading and talking with your

unborn child as well as any young children in your family using the activities provided in the Nurturing Book for Babies and Children.

# Infant Massage

# Changes I've seen this week:

	statements to identify changes you've noticed since your last Nurturing Programer, changes can be positive or negative – all are a part of growth!
Changes I've notic	ced in <b>myself</b> this week are:
Changes I've notic	ced in my children this week are:
Changes I've notic	ced in my <b>family</b> this week are:

# **Understanding Stress**

#### Session Competencies:

- 1. Expectant moms and their partners can explain the difference between good stress and
- 2. Expectant moms and their partners can describe how their body shows stress and how stress affects their relationship.

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

Complete the Home Practice Assignment:

- Read the information in Chapter 17: Understanding Stress in your Parent Handbook.
- Continue to practice relaxation techniques.
- Write in your Family Nurturing Journal about changes going on with you, your baby, your family.

• Spend 60 minutes every day holding/touching, playing with, reading and talking with your unborn child as well as any young children in your family using the activities provided in

the Nurturing Book for Babies and Children.

# **Understanding Stress**

## Changes I've seen this week:

# Handling Stress; Possessive and Violent Relationships

#### Session Competencies:

- 1. Expectant moms and their partners can describe issues that contribute to possessive and violent relationships.
- 2. Expectant moms and their partners can identify physical, mental and social approaches to reduce their stress.

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

Complete the Home Practice Assignment:

- Read the information in Chapter 18: Possessive and Violent Relationships and Chapter 19: Handling Stress in your Parent Handbook.
- Complete the exercise on Handling Stress in Chapter 19.
- Continue to practice relaxation techniques.
- Write in your Family Nurturing Journal about changes going on with you, your baby, your family.

• Spend 60 minutes every day holding/touching, playing with, reading and talking with your

unborn child as well as any young children in your family using the activities provided in the Nurturing Book for Babies and Children.

# Handling Stress; Possessive and Violent Relationships

## Changes I've seen this week:

# Assessing My Parenting Strengths

## Session Competencies:

- 1. Parents complete the posttest Form B of the AAPI-2.
- 2. Parents complete the NSCS-PRE as a posttest.

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

Complete the Home Practice Assignment:

• Write in your Family Nurturing Journal about changes going on with you, your baby, your family.

• Spend 60 minutes every day holding/touching, playing with, reading and talking with your

unborn child as well as any young children in your family using the activities provided in the Nurturing Book for Babies and Children.

# Assessing My Parenting Strengths

## Changes I've seen this week:

# Reviewing My Parenting Strengths

#### Session Competencies:

- 1. Expectant moms and their partners can describe their strengths and parenting competencies they need to continue developing.
- 2. Expectant parents and their partners can review their Hopes and Fears from Session 1 and identify any new Hopes and Fears they have.

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

Complete the Home Practice Assignment:

• Write in your Family Nurturing Journal about changes going on with you, your baby, your family.

• Spend 60 minutes every day holding/touching, playing with, reading and talking with your

unborn child as well as any young children in your family using the activities provided in the Nurturing Book for Babies and Children.

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# Reviewing My Parenting Strengths

## Changes I've seen this week: