

Nurturing Program for Prenatal Families®

Family Nurturing Journal

18 Session Home-Based Program

This Journal belongs to the

Family



Published by Family Development Resources, Inc
800 -688-5822 (Outside U.S. 011-435-649-5822)
www.nurturingparenting.com

CODE: PREFNJH

Copyright 2011 by Family Development Resources, Inc.

ISBN# 1-57202-195-0

Printed in the United States of America

Family Development Resources, Inc. developers and publishers of the Nurturing Parenting Programs, Adult-Adolescent Parenting Inventory (AAPI,) and Nurturing Skills Competency Scale (NSCS), Dr. Stephen Bavolek Ph.D., and other written materials, artwork and other content bearing the Family Development Resources, Inc. name are protected by the federal Copyright Act and legally cannot be reproduced, edited without written permission. The Nurturing Program logo cannot be reproduced, or altered without written permission.

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®.

For more information on these and other materials, contact:

The Nurturing Parenting Programs®
Family Development Resources, Inc.
1-800-688-5822
Email: fdr@nurturingparenting.com
Visit our worldwide web at: www.nurturingparenting.com

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

Table of Contents

How to Use the Family Nurturing Journal	i
Home Visit #1: Introductions; Hopes and Fears; Assessing Parenting Strengths	1
Home Visit #2: Reviewing My Parenting Strengths; Nurturing as a Lifestyle	3
Home Visit #3: Changes in Me and You	5
Home Visit #4: Body Image	7
Home Visit #5: Health and Nutrition.....	9
Home Visit #6: Keeping Our Bodies and Babies Healthy	11
Home Visit #7: Development, Expectations and Fears	13
Home Visit #8: Children's Brain Development	15
Home Visit #9: Basic Needs and Nurturing Self	17
Home Visit #10: Empathic Parent-Child Relationships	19
Home Visit #11: Partners in Pregnancy	21
Home Visit #12: Maintaining a Healthy Sexual Partner Relationship	23
Home Visit #13: Nurturing Touch; Why Parents Spank their Children	25
Home Visit #14: Infant Massage.....	27
Home Visit #15: Understanding Stress	29
Home Visit #16: Handling Stress; Possessive and Violent Relationships.....	31
Home Visit #17: Assessing My Parenting Strengths.....	33
Home Visit #18: Reviewing My Parenting Strengths.....	35

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.

HOME VISIT 1

Introductions; Hopes and Fears; Assessing Parenting Beliefs

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: _____

HOME VISIT 2

Reviewing My Parenting Strengths; Nurturing as a Lifestyle

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: _____

HOME VISIT 3

Changes in Me and You

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: _____

HOME VISIT 4

Body Image

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: _____

HOME VISIT 5

Health and Nutrition

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: _____

HOME VISIT 6

Keeping Our Bodies and Babies Healthy

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: _____

HOME VISIT 7

Development, Expectations and Fears

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: _____

HOME VISIT 8

Children's Brain Development

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: _____

HOME VISIT 9

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: _____

HOME VISIT 10

Empathic Parent-Child Relationships

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: _____

HOME VISIT 11

Partners in Pregnancy

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: _____

HOME VISIT 12

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 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: _____

HOME VISIT 13

Nurturing Touch; Why Parents Spank Their Children

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: _____

HOME VISIT 14

Infant Massage

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: _____

HOME VISIT 15

Understanding Stress

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: _____

HOME VISIT 16

Handling Stress; Possessive and Violent Relationships

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: _____

HOME VISIT 17

Assessing My Parenting Strengths

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: _____

HOME VISIT 18

Reviewing My Parenting Strengths

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: _____

Congratulations on a job well done!