

Family Nurturing Plan For Home Visitors of the 18 Session Program

Each family that participates in the Home Based Nurturing Parenting Program needs to have a Family Nurturing Plan (FNP) filled out and retained by the Home Visitor. The FNP is a working document that coordinates with the *Home Visitor's Instructional Manual* and the *Family Nurturing Journal*. For each lesson, the FNP lists the *Parenting Topics*, the *Competencies* parents need to learn, the *Home Practice Assignment* parents need to complete prior to the next home visit, and the *Knowledge and Practice Measurements* that ensure that Lesson Competencies have been learned by the parents.

PLEASE PRINT

| | |
|-----------------------|------------------------|
| Beginning Date | Completion Date |
|-----------------------|------------------------|

Parent Educator's Name

Agency Location – City and State

PARENTS:

| | |
|----------------------|----------------------|
| Mother's Name | Father's Name |
|----------------------|----------------------|

Address: _____ Address: _____

Phone (Home): _____ Phone (Home): _____

Phone (Work): _____ Phone (Work): _____

Phone (Cell): _____ Phone (Cell): _____

Is Mother present in the home? Yes _____ No _____ Is Father present in the home? Yes _____ No _____

CHILDREN:

| Child's Name | Child's Age | Mother or Father's Name (if different from above) |
|--------------|-------------|---|
| 1. _____ | _____ | _____ |
| 2. _____ | _____ | _____ |
| 3. _____ | _____ | _____ |
| 4. _____ | _____ | _____ |
| 5. _____ | _____ | _____ |

Schedule of Parenting Lessons for the 18 Session Home Based Program

Stephen J. Bavolek, Ph.D.

The 18 Sessions in the Home Based Nurturing Program for Prenatal Families are presented below. Each session represents a lesson with an identified **Parenting Construct(s)** of the Adult-Adolescent Parenting Inventory (AAPI-2). Write the date in the **Selected Sessions** column when the lesson was introduced and the date in the **Date Completed** column when the lesson competencies were learned by the parent. The lesson competencies are presented on the following pages. The Session is not completed until the lesson competencies have been learned by the parent. It may take several sessions for the parents to learn the lesson competencies.

Parenting Constructs of the AAPI-2:

- A Expectations of Children
- B Developing Empathy
- C Appropriate Discipline
- D Appropriate Family Roles
- E Empowering Children

| Home Visit and Title of Lesson | Parenting Construct | Page in Instructor's Manual | Selected Sessions (Date) | Date Completed |
|---|---------------------|-----------------------------|--------------------------|----------------|
| 1 <i>Introductions; Hopes and Fears; Assessing Parenting Beliefs</i> | All | 10 | | |
| 2 <i>Reviewing My Parenting Strengths; Nurturing as a Lifestyle</i> | B & C | 16 | | |
| 3 <i>Changes in Me and You</i> | B & D | 23 | | |
| 4 <i>Body Image</i> | B & D | 29 | | |
| 5 <i>Health and Nutrition</i> | A | 34 | | |
| 6 <i>Keeping Our Bodies and Babies Healthy</i> | A | 39 | | |
| 7 <i>Development, Expectations and Fears</i> | A | 46 | | |
| 8 <i>Children's Brain Development</i> | A | 50 | | |
| 9 <i>Basic Needs and Nurturing Myself</i> | B & E | 57 | | |
| 10 <i>Empathic Parent-Child Relationships</i> | B | 62 | | |
| 11 <i>Partners in Pregnancy</i> | B | 68 | | |
| 12 <i>Maintaining a Healthy Sexual Partner Relationship</i> | B | 73 | | |
| 13 <i>Nurturing Touch and Why Parents Spank Their Children</i> | B & C | 78 | | |
| 14 <i>Infant Massage</i> | B & C | 83 | | |
| 15 <i>Understanding Stress</i> | B | 88 | | |
| 16 <i>Handling Stress; Possessive and Violent Relationships</i> | B & E | 93 | | |
| 17 <i>Assessing My Parenting Strengths</i> | All | 98 | | |
| 18 <i>Reviewing My Parenting Strengths; Program Closure and Celebration</i> | B & E | 101 | | |

Lesson 1: Introductions; Hopes and Fears; Assessing Parenting Strengths

Date of Home Visit: _____

Completed? YES _____ NO _____

A. Topics: Introductions; Hopes and Fears; Assessing Parenting Beliefs

B. Lesson Competencies:

1. *Expectant moms and 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.*

C. Home Practice Assignments:

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.*

D. Knowledge Questions: (Review with the parents prior to the end of the Home Visit):

Correct answers are italicized in BOLD.

The importance of prenatal care has grown due to:

- a. *The increasing number of divorces and separations.*
- b. ***Our understanding of prenatal brain development.***
- c. *The emphasis of post partum depression.*
- d. *I'm not sure.*

E. Assessment of Lesson Competencies:

YES means responses given by the parents are accurate/sufficient; NO means the responses given by the parents are inaccurate/insufficient.

1. *The expectant mom and her partner can express their hopes and fears about participating in the program.*
YES _____ NO _____ Comments:

2. *The expectant mom and her partner can express an understanding of the program format and requirements.*
YES _____ NO _____ Comments:

3. *The expectant mom and her partner display a willingness to participate in the program.*
YES _____ NO _____ Comments:

Lesson 2: Reviewing My Parenting Strengths; Nurturing as a Lifestyle

Date of Home Visit: _____

Completed? YES _____ NO _____

A. Topic: Reviewing My Parenting Strengths; Nurturing as a Lifestyle

B. Lesson 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.*

C. Home Practice Assignments:

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*.

D. Knowledge Questions: (Review with the parents prior to the end of the Home Visit):

Correct answers are italicized in BOLD.

Being a parent is a job 24 hours a day, 365 days of the year.

- a. Parents need to give all of themselves to their children, always.*
- b. A parent's job is to make sure their children come first, always.*
- c. Parents have to make sure their needs are getting met in order for them to meet their children's needs.**
- d. If parents don't sacrifice their lives for their children they are not being nurturing parents.*
- e. I'm not sure.*

E. Assessment of Lesson Competencies:

YES means responses given by the parent are accurate/sufficient; NO means the responses given by the parent are inaccurate/insufficient.

1. *The expectant mom and her partner can describe their parenting strengths and parenting areas needing improvement.*
YES _____ NO _____ Comments:

2. *The expectant mom and her partner can explain the meaning of nurturing and abusive parenting practices on a continuum.*
YES _____ NO _____ Comments:

3. *The expectant mom and her partner can describe the four character traits of parenting learned in childhood and how they affect their style of parenting.*
YES _____ NO _____ Comments:

FAMILY NURTURING PLAN
Lesson 4: Body Image

Date of Home Visit: _____

Completed? YES _____ NO _____

A. Topic: Body Image

B. Lesson 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.*

C. Home Practice Assignments:

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*.*

D. Knowledge Questions: *(Review with the parents prior to the end of the Home Visit):*

There are no Knowledge Questions for Lesson 4.

E. Assessment of Lesson Competencies:

YES means responses given by the parent are accurate/sufficient; NO means the responses given by the parent are inaccurate/insufficient.

1. *Expectant mom can share her views of her body before and during pregnancy.*

YES _____ NO _____ Comments:

2. *Partners can share their views of the expectant mom's body before and during pregnancy.*

YES _____ NO _____ Comments:

Lesson 5: Health and Nutrition

Date of Home Visit: _____

A. Topic: Health and Nutrition

Completed? YES _____ NO _____

B. Lesson Competency:

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

C. Home Practice Assignments:

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.*

D. Knowledge Questions: (Review with the parents prior to the end of the Home Visit):

Correct answers are italicized in BOLD.

1. *This mineral is needed for proper bone development:*
 - a. *Vitamin B.*
 - b. **Calcium.**
 - c. *Iron.*
 - d. *I'm not sure.*

2. *A high quality diet during pregnancy consists of:*
 - a. *2,000 to 3,000 calories each day.*
 - b. *6 to 11 daily servings of bread, cereal, rice, pasta.*
 - c. *3 to 5 daily servings of vegetables.*
 - d. *2 to 4 daily servings of fruit.*
 - e. **All of the above.**
 - f. *I'm not sure.*

E. Assessment of Lesson Competencies:

YES means responses given by the parent are accurate/sufficient; NO means the responses given by the parent are inaccurate/insufficient.

1. *Expectant mom and her partner can explain the benefits of calories, protein, calcium, folic acid, and fluids as daily nutrients.*

YES _____ NO _____ Comments:

:

Lesson 6: Keeping Our Bodies and Babies Healthy

Date of Home Visit: _____

Completed? YES _____ NO _____

A. Topic: Keeping Our Bodies and Babies Healthy

B. Lesson Competencies:

1. 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.

C. Home Practice Assignments:

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*.

D. Knowledge Questions: (Review with the parents prior to the end of the Home Visit):

Correct answers are italicized in BOLD.

1. Drinking alcohol during pregnancy is:
 - a. OK as long as you don't drink too much.
 - b. Helpful to the overall growth of the child.
 - c. **The leading cause of preventable mental retardation.**
 - d. I'm not sure.
2. Which statement is TRUE:
 - a. Taking any prescription drug during pregnancy is ok.
 - b. **Cats and birds should be avoided when pregnant.**
 - c. It's ok to eat fresh tuna during pregnancy.
 - d. I'm not sure.
3. Smoking during pregnancy:
 - a. **Can have devastating effects on your baby's development including low birth weight, premature delivery and stillbirth.**
 - b. Doesn't have any negative effects on the child because the Mom's body absorbs all the nicotine.
 - c. I'm not sure.
4. Drinking coffee while pregnant:
 - a. Provides the baby caffeine which helps development.
 - b. **Is harmful and should be eliminated.**
 - c. Is a stimulant which makes delivery easier.
 - d. I'm not sure.

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E. Assessment of Lesson Competencies:

YES means responses given by the parent are accurate/sufficient; NO means the responses given by the parent are inaccurate/insufficient.

1. *Expectant mom and her partner can describe and discuss the high-risk factors presented in the lesson and ways to keep their baby healthy.*

YES _____ NO _____ Comments:

2. *Expectant mom and her partner demonstrate ways they communicate and bond with their baby.*

YES _____ NO _____ Comments:

Lesson 8: Children’s Brain Development

Date of Home Visit: _____

Completed? YES _____ NO _____

A. Topic: Children’s Brain Development

B. Lesson 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.”*

C. Home Practice Assignments:

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*.*

D. Knowledge Questions: (Review with the parents prior to the end of the Home Visit): Correct answers are italicized in **BOLD**.

1. Which of the following statements are true?
 - a. **Consistent long term caring from adults increases children’s ability to learn.**
 - b. **Holding and cuddling a baby helps his brain grow.**
 - c. **Caring relationships with adults can minimize baby’s stress.**
 - d. *Teaching babies to sleep on a schedule helps them behave.*
 - e. *I’m not sure.*
2. A newborn a few minutes old is capable of recognizing his father’s voice.
 - a. **Yes, if the father has been present and talking to the mother during pregnancy.**
 - b. *No, because the part of the brain that is responsible for hearing is not yet developed at birth.*
3. *Stressful partner relationships can affect the development of the baby’s brain.*
 - a. **True.**
 - b. *False.*
 - c. *I’m not sure.*

E. Assessment of Lesson Competencies:

YES means responses given by the parent are accurate/sufficient; NO means the responses given by the parent are inaccurate/insufficient.

1. *The expectant mom and her partner can explain the relationship between healthy brain development, quality parent-child time, that the brain is shaped in the manner in which the child is treated growing up.*
YES _____ NO _____ Comments:
2. *The expectant mom and her partner describe what “critical windows of brain development” means.*
YES _____ NO _____ Comments:

Lesson 9: Basic Needs and Nurturing Myself

Date of Home Visit: _____

Completed? YES _____ NO _____

A. Topic: Basic Needs and Nurturing Myself

B. Lesson Competencies:

1. Expectant moms and their partners can identify and discuss the six areas of human needs (SPICES).
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).

C. Home Practice Assignments:

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.

D. Knowledge Questions: (Review with the parents prior to the end of the Home Visit):

Correct answers are italicized in BOLD.

1. Select areas that are recognized as basic human needs.
 - a. Social
 - b. Physical
 - c. Intellectual
 - d. Creative
 - e. Emotional
 - f. Spiritual
 - g. **All are basic human need areas.**
2. The baby's brain is NOT fully developed at birth.
 - a. No, the brain is fully developed at birth otherwise the child couldn't function.
 - b. **That's right. Parts of the baby's brain need to be stimulated so brain cells can become connected and strong.**
 - c. That's incorrect. The baby's brain at birth performs the same functions as most 2 year olds.
 - d. I'm not sure.
3. The type of touch a baby receives can change the chemistry of the brain and body.
 - a. **True, touch triggers the release of many chemicals in the brain.**
 - b. False, touch is an important sense but it doesn't affect the chemistry of the brain.
 - c. False, touch isn't that important because babies really don't feel pain.
 - d. I'm not sure.

E. Assessment of Lesson Competencies:

YES means responses given by the parent are accurate/sufficient; NO means the responses given by the parent are inaccurate/insufficient.

1. The expectant mom and her partner describe the six areas of needs.
YES _____ NO _____ Comments:
2. The expectant mom and her partner explain the need areas they value and how they get their needs met in each area,
YES _____ NO _____ Comments:

Lesson 10: Empathic Parent-Child Relationships

Date of Home Visit: _____

Completed? YES _____ NO _____

A. Topic: Empathic Parent-Child Relationships

B. Lesson Competencies:

1. 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.

C. Home Practice Assignments:

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*.

D. Knowledge Questions: (Review with the parents prior to the end of the Home Visit):

Correct answers are italicized in BOLD.

1. Parents can spoil children by:
 - a. Preventing children from doing things for themselves.
 - b. Anticipating your children's need so they never have to ask for anything.
 - c. Holding your children only when they cry.
 - d. **All of the above.**
 - e. I'm not sure.
2. Which of the following are good ways to help children develop empathy?
 - a. **Teach children to take responsibility.**
 - b. Teach children to make sure they get their needs met first.
 - c. **To teach children to take care of pets and plants.**
 - d. **To teach children how to read non-verbal behavior.**
 - e. I'm not sure.
3. Parental empathy means:
 - a. Being aware of the thoughts, emotions, needs and desires of your children.
 - b. Being able to respond to your children's thoughts, emotions, needs and desires in a positive and caring way.
 - c. **Both statements are ways to show empathy.**
 - d. I'm not sure.
4. Parents can help children develop their empathy by:
 - a. Modeling empathy as parents.
 - b. Teaching children to share, take turns and help others.
 - c. Teaching young children to care for pets, plants and things.
 - d. **All are good ways to teach children empathy.**
 - e. I'm not sure.

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E. Assessment of Lesson Competencies:

YES means responses given by the parent are accurate/sufficient; NO means the responses given by the parent are inaccurate/insufficient.

1. *The expectant mom and her partner can explain the differences between empathy and “spoiling.”*
YES _____ NO _____ *Comments:*

2. *The expectant mom and her partner can explain what the word “empathy” means. Give examples.*
YES _____ NO _____ *Comments:*

3. *The expectant mom and her partner can explain the importance of empathy as a characteristic of parenting.*
YES _____ NO _____ *Comments:*

Lesson 11: Partners in Pregnancy

Date of Home Visit: _____

Completed? YES _____ NO _____

A. Topic: Partners in Pregnancy

B. Lesson Competency:

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

C. Home Practice Assignments:

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*.

D. Knowledge Questions: (Review with the parents prior to the end of the Home Visit):

There are no Knowledge Questions for Lesson 11.

E. Assessment of Lesson Competencies:

YES means responses given by the parent are accurate/sufficient; NO means the responses given by the parent are inaccurate/insufficient.

1. *The expectant mom and her partner can discuss issues related to their pregnancy including finances, the impact of the pregnancy on their partnership, the delivery and parenting of their child.*

YES _____ NO _____ Comments:

Lesson 12: Maintaining a Healthy Sexual Partner Relationship

Date of Home Visit: _____

Completed? YES _____ NO _____

A. Topic: Maintaining a Healthy Sexual Partner Relationship

B. Lesson Competencies:

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

C. Home Practice Assignments:

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*.

D. Knowledge Questions: (Review with the parents prior to the end of the Home Visit):

Correct answers are italicized in BOLD.

Sexual activity during pregnancy generally DOES NOT pose a risk for the baby.

- a. *Not true. Sexual activity during pregnancy can be very damaging to a baby's health.*
- b. ***True. Sexual activity during pregnancy is safe unless the mother is aware of previous problems or experiences pain during sex.***
- c. *I'm not sure.*

E. Assessment of Lesson Competencies:

YES means responses given by the parent are accurate/sufficient; NO means the responses given by the parent are inaccurate/insufficient.

1. *The expectant mom and her partner openly discuss the importance of maintaining a healthy sexual relationship.*
YES _____ NO _____ Comments:

2. *The expectant mom and her partner explain how her hormonal changes affect their sexual activity.*
YES _____ NO _____ Comments:

Lesson 13: Nurturing Touch; Why Parents Spank Their Children

Date of Home Visit: _____

Completed? YES _____ NO _____

A. Topic: Nurturing Touch and Why Parents Spank Their Children

B. Lesson Competencies:

1. 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.

C. Home Practice Assignments:

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*.

D. Knowledge Questions: (Review with the parents prior to the end of the Home Visit):

Correct answers are italicized in BOLD.

1. There are three types of touch we receive as children – hurting, scary, and nurturing.
 - a. **True**
 - b. False
 - c. I'm not sure.
2. What is the main reason why parents spank their children?
 - a. The proverbs say to use the rod of correction.
 - b. Because parents love their kids.
 - c. To teach right from wrong.
 - d. **Parents spank for all these reasons.**
 - e. I'm not sure.

E. Assessment of Lesson Competencies:

YES means responses given by the parent are accurate/sufficient; NO means the responses given by the parent are inaccurate/insufficient.

1. Describe how the three types of touch you received in childhood influence your parenting practices today.
YES _____ NO _____ Comments:
2. Describe why spanking children not a good parenting practice?
YES _____ NO _____ Comments:
3. Describe some reasons why parents hit their children?
YES _____ NO _____ Comments:

FAMILY NURTURING PLAN
Lesson 14: Infant Massage

Date of Home Visit: _____

Completed? YES _____ NO _____

A. Topic: Infant Massage

B. Lesson Competencies:

1. *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.*

C. Home Practice Assignments:

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.*

D. Knowledge Questions: *(Review with the parents prior to the end of the Home Visit):*

There are no Knowledge Questions for Lesson 14.

E. Assessment of Lesson Competencies:

YES means responses given by the parent are accurate/sufficient; NO means the responses given by the parent are inaccurate/insufficient.

1. *The expectant mom and her partner can explain the impact touch has on brain development.*

YES _____ NO _____ Comments:

2. *The expectant mom and her partner can demonstrate massage strokes presented in the Infant Massage handout.*

YES _____ NO _____ Comments:

Lesson 15: Understanding Stress

Date of Home Visit: _____

Completed? YES _____ NO _____

A. Topic: Understanding Stress

B. Lesson Competencies:

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

C. Home Practice Assignments:

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*.

D. Knowledge Questions: (Review with the parents prior to the end of the Home Visit):

Correct answers are italicized in BOLD.

Which of the following is a healthy way to manage and reduce stress?

- a. *Eat healthy foods.*
- b. *Have a positive outlook on life.*
- c. *Get organized.*
- d. **All of the above are good ways.**
- e. *I'm not sure.*

E. Assessment of Lesson Competencies:

YES means responses given by the parent are accurate/sufficient; NO means the responses given by the parent are inaccurate/insufficient.

1. *The expectant mom and her partner can explain the difference between good stress and distress.*
YES _____ NO _____ Comments:

2. *The expectant mom and her partner can describe how their body shows stress and how stress affects their relationship.*
YES _____ NO _____ Comments:

Lesson 16: Handling Stress and Possessive and Violent Relationships

Date of Home Visit: _____

Completed? YES _____ NO _____

A. Topic: Handling Stress and Possessive and Violent Relationships

B. Lesson Competencies:

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

C. Home Practice Assignments:

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.

D. Knowledge Questions: (Review with the parents prior to the end of the Home Visit):

Correct answers are italicized in BOLD.

Possessive and violent relationships between parents can be dangerous to the baby.

- a. Not really. A long as the woman is not hit in the stomach, domestic violence does not affect the baby.*
- b. Any physical or emotional violence to women during pregnancy is dangerous to both the mom and the baby.***
- c. Research studies indicate that possessive and violent relationships during pregnancy are not harmful to either the woman or baby.*
- d. I don't know.*

E. Assessment of Lesson Competencies:

YES means responses given by the parent are accurate/sufficient; NO means the responses given by the parent are inaccurate/insufficient.

1. *The expectant mom and her partner can describe the issues that contribute to possessive and violent partner relationships*
YES _____ NO _____ Comments:

2. *The expectant mom and her partner can identify physical, mental and social approaches to reduce their stress.*
YES _____ NO _____ Comments:

Lesson 17: Assessing My Parenting Strengths

Date of Home Visit: _____

Completed? YES _____ NO _____

A. Topic: Assessing My Parenting Strengths

B. Lesson Competencies:

1. Expectant mom and her partner complete the posttest Form B of the AAPI-2.
2. Expectant mom and her partner complete the NSCS-PRE as a posttest.

C. Home Practice Assignments:

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*.

D. Knowledge Questions: (Review with the parents prior to the end of the Home Visit):

There are no knowledge questions for Lesson 17.

E. Assessment of Lesson Competencies:

YES means responses given by the parent are accurate/sufficient; NO means the responses given by the parent are inaccurate/insufficient.

1. The expectant mom and her partner completed Form B of the AAPI-2
YES _____ NO _____ Comments:

2. The expectant mom and her partner completed the NSCS-PRE posttest.
YES _____ NO _____ Comments:

