Family Nurturing Plan For Home Visitors of the 18 Sesson 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 (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 | |
| | |

Nurturing Parenting Program for Prenatal Families®

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:

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

| | | Date of Home Visit: |
|----|--|---|
| | | Completed? YES NO |
| A. | Topic | s: Introductions; Hopes and Fears; Assessing Parenting Beliefs |
| В. | Expose Expose Expose Expose Expose | on Competencies: Dectant moms are their partners are willing to share their hopes and fears about participating in the organic partners understand the format of the program. Dectant moms and their partners are willing to participate in the program. Dectant moms and their partners are willing to complete the assessments. |
| C. | | Practice Assignments: ete 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. | | ledge Questions: (Review with the parents prior to the end of the Home Visit): et answers are italicized in BOLD. |
| | a. b. c. | portance of prenatal care has grown due to: The increasing number of divorces and separations. Our understanding of prenatal brain development. The emphasis of post partum depression. I'm not sure. |
| E. | YES m | ssment of Lesson Competencies: neans responses given by the parents are accurate/sufficient; NO means the responses given by the sare 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: | | | | |
|----|---|--------------|-------------------------|------------------|-----------------------|
| | Complete | ed? | YES_ | | NO |
| ۹. | A. Topic: Reviewing My Parenting Strengths; Nurturing as a Lifesty | le | | | |
| В. | Lesson Competencies: Expectant moms and their partners can describe their areas of strength and wearesponses to the AAPI and NSCS. Expectant parents and their partners can describe the practices of Nurturing Parenting on a continuum. Expectant moms and their partners can describe the four-personality character is nurturing and abusive parenting practices. | rent | ting and i | Abusi | ive |
| C. | C. Home Practice Assignments: Complete the Home Practice Assignment: Read Chapter 3 – Nurturing as a Lifestyle in your Parent Handbook exercises. Write in your Family Nurturing Journal about changes going on with you, y Spend 60 minutes every day holding/touching, playing with, reading and ta as well as any young children in your family using the activities provided Babies and Children. | ∕oui Ikin | r baby, y ng with yo | our fa our ui | amily. nborn child |
| D. | D. Knowledge Questions: (Review with the parents prior to the end of the Home Correct answers are italicized in BOLD. | ∍ Vis | sit): | | |
| | 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 their needs. d. If parents don't sacrifice their lives for their children they are not being nurtuine. I'm not sure. | | | | children's |
| Ε. | E. Assessment of Lesson Competencies: YES means responses given by the parent are accurate/sufficient; NO means to parent are inaccurate/insufficient. | he i | response | ∍s gi\ | ven by the |
| | The expectant mom and her partner can describe their parenting streen needing improvement. YES NO Comments: | ngth | ns and µ | oaren | nting areas |
| | The expectant mom and her partner can explain the meaning of nurtuin practices on a continuum. YES NO Comments: | ring | and ab | usive | parenting |
| | 3. The expectant mom and her partner can describe the four character trachildhood and how they affect their style of parenting. YES NO Comments: | nits | of parer | nting | learned in |

| LE | esson | 3: Changes in | we and fou | Date of Home | · Visit: | | |
|----|--------------------------------------|--|--|--|--|---------------------------|------------------------------|
| | | | | | Completed? | YES | NO |
| A. | Topic | : Changes in Me a | nd You | | | | |
| B. | Exp Exp | on Competencies: pectant moms and their pectant moms and their pectant moms and their | partners can descri | be the emotional c | hanges that are ha | ppening to | |
| C. | Comple • | Practice Assignmete the Home Practice Read Chapter 4 – Chexercises. What new Write in your Family Napend 60 minutes events well as any young Babies and Children. | Assignment: nanges in Me and information did you i urturing Journal a ery day holding/touck | learn? bout changes goin hing, playing with, | g on with you, your reading and talking | r baby, you g with you | ır family. r unborn child |
| D. | | rledge Questions: et answers are italicize | • | rents prior to the e | end of the Home Vi | sit): | |
| | a. b. c. | pregnancy, changes to Neurological, emotiona Emotional, spiritual and Physical, emotional a I'm not sure | al and spiritual. d physical. | cur in three areas: | | | |
| E. | YES n | ssment of Lesson of the second | by the parent are | accurate/sufficient | t; NO means the i | responses | given by the |
| | 1. | Expectant mom can de YES NO | escribe the physical _ Comments: | changes happenin | ng to her. | | |
| | 2. | Expectant mom can de YES NO | | al changes happen | ing to her and her | partner. | |
| | 3. | Expectant mom can de Yes NO | | anges that are hap | opening to her and | her partne | r. |

FAMILY NURTURING PLAN Lesson 4: Body Image

| | | | | | Da | ate of Home | Visit: | | | |
|----|--|--|---|---|--|--|---|----------------------------|-----------------------|--------------------|
| Α. | Topic: B | ody Imag | ge | | | | Completed | ? YES | NO | |
| В. | | ant moms s | ncies: hare their vie ir views of the | | | | g pregnancy. | | | |
| C. | ReaParWriSpeas | he Home P ad Chapter ent Handb ite in your ite them du end 60 min | ractice Assign 5 – My Viewook and come Family Nurtering the weekery day young child | gnment: ew – Then applete any v uring Jour but before ay holding/te | vritten assinal about the next houching, p | gnments. changes go ome visit. laying with, r | rtner's Views - ning on with you reading and talk ivities provided | ı, your bal ing with yo | by, your our unbor | family. n chila |
| D. | | | t ions: (Rev ge Questions | | | rior to the er | nd of the Home | Visit): | | |
| E. | Assessm YES mean parent are i | s response | s given by t | | | te/sufficient; | NO means the | e response | es given | by the |
| | 1. Ехр ҮЕ | oectant moi | m can share f NO | her views of Comments | f her body :: | before and a | luring pregnancy | <i>'</i> . | | |
| | | | hare their vie NO | | | nom's body b | pefore and during | g pregnand | cy. | |

Lesson 5: Health and Nutrition

| | Date of | of Home Visit: | |
|----|--|--|----------------------------------|
| A. | Topic: Health and Nutrition | Completed? YES | NO |
| В. | Lesson Competency: Expectant moms and their partners can explain the benefits of fluids as daily diet nutrients. | of calories, protein, calcium, iron, fo | lic acid, and |
| C. | Home Practice Assignments: Complete the Home Practice Assignment. Read Chapter 6 - Health and Nutrition in your exercises. What new information did you learn? Talk to your baby each day and massage your abdom Write in your Family Nurturing Journal about chang Spend 60 minutes every day holding/touching, playir as well as any young children in your family using Babies and Children. | nen ges going on with you, your baby, y ng with, reading and talking with yo | rour family. our unborn child |
| D. | Knowledge Questions: (Review with the parents prior Correct answers are italicized in BOLD. | to the end of the Home Visit): | |
| | This mineral is needed for proper bone development: a. Vitamin B. b. Calcium. c. Iron. d. I'm not sure. | | |
| | 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, pastac. 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/s parent are inaccurate/insufficient. | ufficient; NO means the response | es given by the |
| | Expectant mom and her partner can explain the bene fluids as daily nutrients. | efits of calories, protein, calcium, fo | lic acid, and |
| | YES NO Comments: | | |
| 1 | | | |

| Le | sson 6: Keeping Our Bodies and Bables Healthy |
|----|---|
| | Date of Home Visit: |
| Α. | Completed? YES NO Topic: Keeping Our Bodies and Babies Healthy |
| В. | 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. |

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

- **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:

Babies and Children.

- 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.

Talk to your baby each day and massage your abdomen.

- d. I'm not sure.
- 2. Which statement is TRUE:
 - 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.

Continued on next page...

Lesson 6: Keeping Our Bodies and Babies Healthy

| _ | | ٠. | | | | |
|----|----|----|----|----|---|--|
| Cc | าท | tı | nı | IP | a | |

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. | and ways to | keep their ba | partner can describe and discuss the high-risk factors presented in the les by healthy. Comments: | son |
|----|-------------|--------------------|---|-----|
| 2. | Expectant m | om and her p NO | partner demonstrate ways they communicate and bond with their baby. Comments: | |

Lesson 7: Development, Expectations and Fears

| | Date of Home Visit: |
|----|--|
| Α. | Completed? YES NO Topic: Development, Expectations and Fears |
| В. | Expectant mom and her partner share the expectations they have for their baby. Expectant mom and their partner share the fears they have of their baby's development. Expectant mom and their partner share knowledge of fetal development for the gestation period of their baby. |
| C. | Home Practice Assignments: 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. |
| D. | Knowledge Questions: (Review with the parents prior to the end of the Home Visit): There are no Knowledge Questions for Lesson 7. |
| 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. |
| | The expectant mom and her partner share the expectations they have for their baby. YES NO Comments: Vector |
| | 2. The expectant mom and her partner share any fears they have about their baby's development. YES NO Comments: |
| | 3. The expectant mom and her partner share knowledge of fetal development for the gestation period of their baby. YES NO Comments: |

Lesson 8: Children's Brain Development

| | | | | | Date | e of Home Vis | it: | | |
|--|---------------|---|---|--|--|---|---|---------------------------------------|---|
| Α. | То | pic: Chi | ldren's Brain | Developme | nt | | Completed? | YES | NO |
| В. | 1. 2. | Expectant time. Expectant up. | mpetencies: moms understa moms understa moms understa | nd children's bi | rains are sha | ped in the ma | nner in which t | they are tr | |
| C. | | Revie Somet Chang Talk to Write Spend as we | tice Assignm Home Practice w the information thing new? ge three negative o your baby each in your Family N d 60 minutes eve ell as any young s and Children. | Assignment: In Chapter 9: It thoughts into part of the day and massifurturing Journary day holding. | positive affirm age your abo nal about cha touching, pla | ations. Write omen. nges going or ying with, read | the affirmation n with you, you ding and talkin | s in your l baby, yo g with you | - Family Log. ur family. ır unborn child |
| D. | Co. 1. | Which of to a. Comb. How c. Comb. How c. Comb. To a. I'm A newborn a. Ye | e Questions: wers are italicize the following state consistent long to colding and cude aring relationsh eaching babies to n not sure. In a few minutes es, if the father o, because the p | d in BOLD. ements are true ferm caring fro dling a baby he ips with adults o sleep on a sci old is capable of has been pres | e? Im adults incelps his brain Is can minimin The dule helps If recognizing ent and talki | reases childingrow. ze baby's stricthem behave. his father's vong to the mo | ren's ability to ress. oice. ther during pr | learn. egnancy. | |
| | 3. | a. Ti b. Fa | partner relationsl rue. alse. n not sure. | nips can affect t | he developm | ent of the ba | aby's brain. | | |
| E. Assessment of Lesson Competencies: YES means responses given by the parent are accurate/sufficient; NO means the responsent are inaccurate/insufficient. 1. The expectant mom and her partner can explain the relationship between healthy quality parent-child time, that the brain is shaped in the manner in which the child is treated. YES NO Comments: | | | | | | Ithy brain | development, | | |
| | 2. | | ctant mom and h NO | | ribe what "crit | ical windows (| of brain develo | pment" m | eans. |

Lesson 9: Basic Needs and Nurturing Myself

| | | Date of Home Visit: |
|----|--------------|---|
| Α. | Topi | Completed? YES NO c: Basic Needs and Nurturing Myself |
| В. | 1. E 2. E | son Competencies: Expectant moms and their partners can identify and discuss the six areas of human needs (SPICES). Expectant moms and their partners can identify and describe the area(s) of needs they value and how they Eat these needs met (or not met). |
| C. | | lee Practice Assignments: Note 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. | | wledge Questions: (Review with the parents prior to the end of the Home Visit): ect answers are italicized in BOLD. |
| | 1. S | elect 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. Th | e 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. T | he 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. | YES | essment of Lesson Competencies: means responses given by the parent are accurate/sufficient; NO means the responses given by th t are inaccurate/insufficient. |
| | | he expectant mom and her partner describe the six areas of needs. ES NO Comments: |
| | e | he expectant mom and her partner explain the need areas they value and how they get their needs met in ach area, ES NO Comments: |

Lesson 10: Empathic Parent-Child Relationships

| | Date of Home Visit: | | | | | | | | |
|---|---------------------|--------|--|--|--|--|--|--|--|
| A. Topic: Empathic Parent-Child Relations | • | YES NO | | | | | | | |

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.

Continued on next page...

Lesson 10: Empathic Parent-Child Relationships

Continued ...

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

| | Completed? YES NO |
|----|--|
| A. | Topic: Partners in Pregnancy |
| В. | 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. |

Date of Home Visit:

1. The expectant mom and her partner can discuss issues related to their pregnancy including finances, the

Lesson 12: Maintaining a Healthy Sexual Partner Relationship

| | Date of Home Visit: | |
|----|---|-----|
| | Completed? YES NO | |
| A. | Topic: Maintaining a Healthy Sexual Partner Relationship | |
| В. | 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: Omplete the Home Practice Assignment: Discuss issues in Chapter 14: Maintaining a Healthy Sexual Partner Relationship in your Parel 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 chias well as any young children in your family using the activities provided in the Nurturing Book of Babies and Children. | ild |
| 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 problem or experiences pain during sex. c. I'm not sure. | s |
| 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. | he |
| | The expectant mom and her partner openly discuss the importance of maintaining a healthy sexu relationship. YES NO Comments: | al |
| | 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: | |
|----|---|-----------------------------------|
| A. | Completed? YES NO _ Topic: Nurturing Touch and Why Parents Spank Their Children | |
| В. | 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 His Worksheet. Read Chapter 16: Why Parents Spank Their Children in your Parent Handbook. What were primary reasons you were spanked? Find a chance to talk to other family members about touch. See what they remember of their touch experiences. Other family members can include children, husband/wife, grandparents, sibil 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 as well as any young children in your family using the activities provided in the Nurturing Book Babies and Children. | e the early lings, child |
| 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 parent are inaccurate/insufficient. | y the |
| | Describe how the three types of touch you received in childhood influence your parenting practices today YES NO Comments: | ay. |
| | Describe why spanking children not a good parenting practice? YES NO Comments: | |
| | 3. Describe some reasons why parents hit their children? YES NO Comments: | |
| | 47 | |

FAMILY NURTURING PLAN Lesson 14: Infant Massage

| | Date of Home Visit: |
|----|---|
| | Completed? YES NO |
| Α. | Topic: Infant Massage |
| В. | Lesson Competencies: Expectant moms and their partners can describe the impact gentle touch has upon the brain development of children. 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: Output The expectant mom and her partner can explain the impact touch has on brain development. YES NO 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. | То | pic | : Under | standing | Stress | | | | | | | |
| В. | 1. | Exp Exp | ectant m | | eir partnei | | | | | en good stress ws stress and | | ess. ss affects their |
| C. | | | te the Ho Read the Continue Write in y Spend 60 as well a | to practice our Famil ominutes | ce Assign on in Chap e relaxation y Nurturin every day ung childre | ment: ter 17: Un n techniqu ng Journa holding/te | ues. al about o ouching, | changes playing v | going on vith, read | | r baby, yo g with you | ur family. ır unborn child uring Book for |
| D. | | | | uestions are italic | | | e parents | prior to | the end o | f the Home Vi | sit): | |
| | Wh | a. b. c. d. | Eat healt Have a p Get orga | ositive out nized. e above a i | look on life |). | age and r | reduce st | ress? | | | |
| E. | YE. | S m | eans res _l | of Lesso conses giv urate/insuff | en by the | | | rate/suffi | cient; NC |) means the | responses | s given by the |
| | 1. | The YE | e expectai S | nt mom and NO | d her partr Comm | ner can ex ents: | xplain the | e differen | ce betwe | en good stres | s and disti | ress. |
| | 2. | rela | tionship. | nt mom an | | | escribe h | now their | body sho | ows stress and | I how stre | ss affects their |

Lesson 16: Handling Stress and Possessive and Violent Relationships

| Date of Home Visit: |
|---|
| Completed? YES NO |
| Topic: Handling Stress and Possessive and Violent Relationships |
| Expectant moms and their partners can identify physical, mental and social approaches to reduce their stress. Expectant moms and their partners can describe issues that contribute to possessive and violent relationships. |
| 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. |
| 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. |
| 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. |
| 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: | | | | | | | | | | | |
|----|---|------------------|---|-----------------------------|--------------|----------------|------------|-------------|----------|----------------|--|--|
| | | | | | | Date of n | | | | NO | | |
| A. | То | pic: Asse | essing My I | Parenting S | Strengths | ; | | Completed. | .20 | | | |
| В. | 1. | Expectant | npetencies mom and her mom and her | partner comp | | | | | | | | |
| 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. | | | Questions nowledge que | | | nts prior to t | the end of | the Home Vi | isit): | | | |
| E. | YE. | S means re | nt of Lesson esponses give ccurate/insuffic | en by the pai | | curate/suffi | cient; NO | means the | response | s given by the | | |
| | 1. | | tant mom and _ NO | | | orm B of th | e AAPI-2 | | | | | |
| | 2. | The expec YES | tant mom and NO | I her partner d Comments | completed th | ne NSCS-P | PRE postte | st. | | | | |

Lesson 18: Reviewing My Parenting Strengths

| | | | | Home Vis | /isit: | | | | | | |
|----|---|--|---------------|---------------|-------------|-------------------------|------------------------|-----------------|--------------|--------------|--|
| | | | | | | | | Completed? | YES | NO | |
| A. | То | pic: Revie | wing My P | arenting S | Strengths | s; Progr | am Clos | ure and Ce | lebratior | 1 | |
| В. | | esson Com Expectant m continue dev | oms and the | | n describe | their stre | ngths and _l | parenting com | petencies t | they need to | |
| | 2. | Expectant pa | | | an review | their Hope | es and Fea | ars from Sessio | on 1 and ide | entify any | |
| C. | Но | me Practio | e Assign | ments: | | | | | | | |
| D. | Knowledge Questions: (Review with the parents prior to the end of the Home Visit): There are no Knowledge Questions for Lesson 18. | | | | | | | | | | |
| E. | 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. | develop. | | her partner c | an describe | e the pare | nting comp | petencies they | need to co | ntinue to | |
| | 2. | new Hopes a | and Fears the | | an describe | e their Ho _l | pes and Fe | ears from sess | ion 1 and s | hare any | |

Congratulations on completing the program!