

Nurturing Program for Prenatal Families®

# Family Nurturing Journal

## Nine Session Group 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®.

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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<sup>®</sup>

Group-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 session builds upon the previous session, so don't fall behind. If you don't understand the information and the skills of the session, make sure you tell the Group Facilitator you need more time to learn the skills.

Also presented on each Session 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 Group Leader. 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 others participating in the program.

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.

# Session 1

## Welcome, Assessment and Nurturing

**Session Competencies:**

- 1. Expectant moms and their partners understand the format of the program.
- 2. Expectant moms and their partner share their hopes and fears about participating in the program
- 3. Expectant moms and their partners are willing to complete the assessments.
- 4. Expectant moms and their partners can describe the practices of Nurturing Parenting and Abusive parenting on a continuum.
- 5. 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.)

- 1. Read **Chapter 1 – Program Description and Orientation, Chapter 2 – Prenatal Nurturing Parenting,** and **Chapter 3 – Nurturing as a Lifestyle** in your **Parent Handbook.**
- 2. 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.
- 3. 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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# Session 1

## Welcome, Assessment and Nurturing

### 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: \_\_\_\_\_

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Changes I've noticed in my **children** this week are: \_\_\_\_\_

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Changes I've noticed in my **family** this week are: \_\_\_\_\_

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## Session 2

### Changes and Body Image

#### Session Competencies:

1. Expectant moms and their partners can describe the physical changes that are happening to them.
2. Expectant moms and their partners can describe the emotional changes that are happening to them
3. Expectant moms and their partners can describe the social changes happening to them.
4. Expectant moms share their views of their body before and during pregnancy.
5. Partners share their views of the expectant mom's body.

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

1. Read **Chapter 4: Changes in Me and You** in your **Parent Handbook**. **And complete any written assignments. Discuss these with your friends and family.**
2. Practice sitting quietly and be aware of the tension in your body. Practice breathing in "calm" and breathing out "stress."
3. Talk to your baby each day and massage your abdomen.
4. Write in your Family Nurturing Journal about changes going on with you, your baby, your family.
5. 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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## Session 2

### Changes and 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: \_\_\_\_\_

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Changes I've noticed in my **children** this week are: \_\_\_\_\_

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Changes I've noticed in my **family** this week are: \_\_\_\_\_

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# Session 3

## Health and Nutrition

**Session Competencies:**

1. Expectant moms and their partners can explain the benefits of calories, protein, calcium, iron, folic acid, and fluids as daily diet nutrients.
2. Expectant moms and their partners can describe and discuss the high risk health factors presented in the lesson and ways of keeping baby healthy.
3. Expectant moms and their partners practice communicating with their baby.

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

1. Read **Chapter 6: Health and Nutrition** and **Chapter 7: Keeping Our Bodies and Babies Healthy** in your **Parent Handbook** Create a plan for proper nutrition.
2. Make a commitment to change unhealthy aspects of your lifestyle for the good of the baby. What did you discuss?
3. Find a time once each day to sit quietly and be aware of tension in your body. Let go of the tension and tell your muscles to relax.
4. Talk to your baby once each day and massage your abdomen.
5. Write in your **Family Nurturing Journal** about changes going on with you, your baby, your family. Write them during the week but before the group session.
6. 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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## Session 3 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: \_\_\_\_\_

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Changes I've noticed in my **children** this week are: \_\_\_\_\_

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Changes I've noticed in my **family** this week are: \_\_\_\_\_

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## Session 4

### Fetal 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: \_\_\_\_\_

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Changes I've noticed in my **children** this week are: \_\_\_\_\_

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Changes I've noticed in my **family** this week are: \_\_\_\_\_

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# Session 5

## Empathy and Nurturing Self

### Session 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).
3. Expectant moms and their partners can define the word “empathy.”
4. Expectant moms and their partners can describe the importance of empathy in parenting.
5. 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.)

1. Read the information in **Chapter 10 – Getting My Needs Met**, **Chapter 11 – Developing Empathy** and **Chapter 12 – Spoiling Children** in your Parent Handbook and complete any written exercises. Did you learn anything new?
2. Change three negative thoughts into positive affirmations. Write the affirmations in your Family Log.
3. Talk to your baby each day and massage your abdomen.
4. Write in your **Family Nurturing Journal** about changes going on with you, your baby, your family.
5. 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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## Session 5

### Empathy and Nurturing Self

#### 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: \_\_\_\_\_

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Changes I've noticed in my **children** this week are: \_\_\_\_\_

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Changes I've noticed in my **family** this week are: \_\_\_\_\_

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## Session 6 Partners in Pregnancy

### Session Competencies:

1. Expectant moms and their partners demonstrate a willingness to discuss issues related to pregnancy including finances, the pregnancy, the delivery and parenting.
2. Expectant moms and their partners can discuss the importance of maintaining a healthy sexual relationship.
3. Expectant moms and their partners can discuss how hormonal changes affect sexual activity.

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

1. Read the information in **Chapter 13 – Partners in Pregnancy** and Chapter 14 – maintaining a Healthy Sexual Partner Relationship in your **Parent Handbook**. What issues do you and your partner face and need to discuss?
2. Talk to your baby each day and massage your abdomen.
3. Maintain a healthy diet and lifestyle.
4. Write in your **Family Nurturing Journal** about changes going on with you, your baby, your family.
5. 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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## Session 6 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: \_\_\_\_\_

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Changes I've noticed in my **children** this week are: \_\_\_\_\_

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Changes I've noticed in my **family** this week are: \_\_\_\_\_

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## Session 7

### Why Parents Spank Their Children; Infant Massage

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

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

1. Read the information in **Chapter 15 – Nurturing Touch** and **Chapter 16 – Why Parents Spank Their children** in your **Parent Handbook**. What were the primary reasons you were spanked?
2. Read the Nurturing Touch Handbook. Practice some strokes on yourself and your partner.
3. 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.
4. 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.
5. Write in your **Family Nurturing Journal** about changes going on with you, your baby, your family.
6. 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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## Session 7

### Why Parents Spank Their Children; 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: \_\_\_\_\_

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Changes I've noticed in my **children** this week are: \_\_\_\_\_

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Changes I've noticed in my **family** this week are: \_\_\_\_\_

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**Session 8**  
**Understanding and Handling Stress**

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

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

- 1. Read the information in **Chapter 17 – Understanding and Handling Stress, Chapter 18 Possessive and Violent Relationships, and Chapter 19 – Handling Stress** in your **Parent Handbook and complete any written exercises.**
- 2. Continue to practice relaxation techniques.
- 3. Write in your **Family Nurturing Journal** about changes going on with you, your baby, your family.
- 4. 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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## Session 8

### Understanding and Handling 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!

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Changes I've noticed in my **children** this week are: \_\_\_\_\_

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Changes I've noticed in my **family** this week are: \_\_\_\_\_

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## Session 9

### Assessing My Parenting Strengths; Program Closure

**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!

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Changes I've noticed in my **children** this week are: \_\_\_\_\_

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Changes I've noticed in my **family** this week are: \_\_\_\_\_

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