# Nurturing Program for Parents and Their Infants, Toddlers and Preschoolers®
## Group Facilitator’s Instructional Manual

## Table of Contents

- Nurturing Parenting Sessions by AAPI-2 Constructs ................................................................. 1
- Family Nurturing Plan (FNP), Assessment and Implementation Suggestions ........................ 3
- Session 1  Introductions, Hopes and Fears, Program Description, Assessment ....................... 9
- Session 2  Nurturing Parenting; Children’s Brain Development ............................................... 20
- Session 3  Nurturing as a Lifestyle; Building Parent-Child Bonding and Attachment ............ 28
- Session 4  Ages and Stages: Expectations and Development of Children; Infant & Toddler Development ........................................................................................... 38
- Session 5  Ages and Stages: Preschooler & School-Age Development ................................. 45
- Session 6  “Skills Strips” Developmental Review; Male & Female Brain ............................... 51
- Session 7  Developing Empathy in Children; Meeting Our Needs and the Needs of Our Children ................................................................. 58
- Session 8  Recognizing and Handling Feelings; Helping Your Children Handle Their Feelings ................................................................. 66
- Session 9  Spoiling Your Children; Praising Children and Their Behavior ............................. 74
- Session 10  Improving Children’s Self-Worth; Developing Personal Power in Children and Adults ..................................................................................... 82
- Session 11  Understanding Discipline; Red, White & Bruises: Why Parents Spank Their Children ................................................................................................. 91
- Session 12  Developing Family Morals and Values; Developing Family Rules .................... 98
- Session 13  Rewarding Children and Their Behavior; Punishing Children’s Behavior .......... 104
- Session 14  Infant and Child Massage ........................................................................................ 112
- Session 15  Time Out; Body Map; ......................................................................................... 118
- Session 16  Child Proofing Your Home; Verbal and Physical Redirection ............................ 127
- Session 17  Establishing Nurturing Parenting Routines; Keeping Our Children Safe .......... 134
- Session 18  Establishing a Nurturing Diapering and Dressing Routine; Establishing a Nurturing Feeding Time Routine and Feeding Your Young Children Nutritious Foods ................................................................................. 143
- Session 19  Establishing a Nurturing Bath Time Routine; Establishing a Nurturing Bedtime Routine ................................................................................................. 149
- Session 20  Our Bodies and Sex; Personal Space and Saying “No”; Love, Sex, STDs and AIDS ........................................................................................................ 156
Session 21  Understanding and Handling Stress; Helping Children Manage Their Behavior.... 166
Session 22  Managing Anger; Alternatives to Spanking............................................................. 175
Session 23  Possessive and Violent Relationships; People, Possessions and Positive Self-Talk.................................................................................................................. 183
Session 24  Families and Alcohol; Keeping Kids Drug Free; Smoking and My Child’s Health .......................................................................................................................... 191
Session 25  Criticism and Confrontation; Problem Solving, Decision Making, Negotiation and Compromise..................................................................................................... 200
Session 26  Ignoring; Toilet Training .......................................................................................... 210
Session 27  Assessment, Certificates and Closing ........................................................................ 217
Home Practice Assignments........................................................................................................ 223