Table of Contents
Home Visitor’s Instructional Manual

Nurturing Parenting Lessons by AAPI-2 Constructs ................................................................. 1
Family Nurturing Plan (FNP), Assessment and Implementation Suggestions ......................... 3
Lesson 1  Introductions, Hopes and Fears, Program Description, Assessment ....................... 10
Lesson 2  Family Nurturing Plan: Assessment Review and Planning ........................................ 15
Lesson 3  Nurturing Parenting .................................................................................................. 18
Lesson 4  Nurturing as a Lifestyle ......................................................................................... 22
Lesson 5  Children’s Brain Development ................................................................................. 26
Lesson 6  Building Parent-Child Bonding and Attachment ....................................................... 29
Lesson 7  Ages and Stages: Expectations and Development of Children .............................. 33
Lesson 8  Ages and Stages: Infant Development ................................................................... 36
Lesson 9  Ages and Stages: Toddler Development ................................................................. 38
Lesson 10 Ages and Stages: Preschooler Development ......................................................... 40
Lesson 11 Ages and Stages: School-Age Development ......................................................... 42
Lesson 12 “Skills Strips” Developmental Review ................................................................. 44
Lesson 13 Male & Female Brain ............................................................................................ 47
Lesson 14 Developing Empathy in Children ........................................................................... 50
Lesson 15 Meeting Our Needs and the Needs of Our Children .............................................. 54
Lesson 16 Recognizing and Understanding Feelings ............................................................. 58
Lesson 17 Helping Your Children Handle Their Feelings ..................................................... 62
Lesson 18 Spoiling Your Children ......................................................................................... 65
Lesson 19 Improving Children’s Self-Worth ......................................................................... 68
Lesson 20 Developing Personal Power in Children and Adults ............................................. 73
Lesson 21 Understanding Discipline ..................................................................................... 77
Lesson 22 Red, White & Bruises: Why Parents Spank Their Children .................................. 80
Lesson 23 Developing Family Morals and Values ................................................................. 83
Lesson 24 Developing Family Rules ...................................................................................... 86
Lesson 25 Rewarding Children and Their Behavior ............................................................ 89
Lesson 26 Punishing Children’s Behavior ............................................................................. 93
Lesson 27 Praising Children and Their Behavior ................................................................ 97