

Nurturing Program for Young Parents and Their Families®

Sixteen Session Group-Based and Seven Session Home-Based Program

Group Facilitator's Instructional Manual for Teaching Parents

Table of Contents

Lesson Outline and Program Schedule.....	1
SECTION 1 FOURTEEN STEP REFERENCE GUIDE: IMPLEMENTING SESSIONS, ASSESSMENTS, AND COMPETENCIES	4-12
SECTION 2 Seven Home-Based Sessions	13
HB Session 1 Getting Acquainted, Program; Description, and Assessment	14-17
HB Session 2 Family Nurturing Plan: Assessment Review and Planning	18-20
HB Sessions 3-5 Three Home-Based Sessions for Tutorial Purposes	21-22
HB Session 6 Post Program Assessment	23-24
HB Session 7 Assessment Review and Planning	25-27
SECTION 3 GROUP-BASED SESSIONS	28
Session 1 Introduction & Orientation, Hopes and Fears, Program Description; Positive and Negative Nurturing and My Personality	29
Session 2 The Seven Principles of Nurturing Parenting; Being a Young Parent in My Family.....	44
Session 3 Building Parent-Child Bonding and Attachment; Developing Empathy in Children.....	52
Session 4 Ages and Stages of Development; Children's Brain Development; Adolescence and Teen's Brain Development	61
Session 5 Meeting Our Needs and the Needs of Our Children; Developing Personal Power in Children and Adults	71
Session 6 Improving Children's Self-Worth; Praising Children and Their Behavior	79
Session 7 Understanding Discipline; Red, White & Bruises: Why Parents Spank Their Children	88
Session 8 Developing Family Morals and Values; Developing Family Rules	95
Session 9 Rewarding Children and Their Behavior; Punishing Children's Behavior	101
Session 10 Recognizing and Handling Feelings; Helping Your Children Handle Their Feelings	109
Session 11 Establishing a Nurturing Bath Time Routine; Establishing a Nurturing Bedtime Routine	117
Session 12 Possessive and Violent Relationships and Positive Self-Talk; Keeping Our Children Safe.....	124
Session 13 Understanding and Handling Stress; Touch, Personal Space and Date Rape	134
Session 14 Managing Anger; Alternatives to Spanking	143
Session 15 Love, Sex, STDs and AIDS; Our Bodies, Sex and Birth Control.....	151
Session 16 Hopes and Fears, Certificates, Closing Activity.....	162
SECTION 4 HOME PRACTICE ASSIGNMENTS	168

Nurturing Program for Young Parents and Their Families®

Group Facilitator's Instructional Manual for the 16 Session Group-Based and Seven Session Home-Based Program

Table of Contents: Lessons by Construct

GETTING STARTED

Home Visit 1	Getting Acquainted, Program Description, Assessment	14
Home Visit 2	Family Nurturing Plan: Assessment Review and Planning	18
Home Visits 3-5	Tutorial/Observation Sessions	21
Session 1	Introductions, Hopes and Fears, Program Description, Positive and Negative Nurturing and My Personality	29

CONSTRUCT A: APPROPRIATE EXPECTATIONS OF CHILDREN

Session 2	The Seven Principles of Nurturing Parenting; Being a Young Parent in My Family	44
Session 4	Ages & Stages of Development; Children's Brain Development; Adolescence and Teen's Brain Development.....	61
Session 11	Establishing a Nurturing Bath Time Routine; Establishing a Nurturing Bed Time Routine	117
Session 16	Hopes and Fears; Certificates; Closing.....	162

CONSTRUCT B: DEVELOPING EMPATHY IN PARENTS AND CHILDREN

Session 1	Introductions, Hopes and Fears, Program Description, Positive and Negative Nurturing and My Personality	29
Session 2	The Seven Principles of Nurturing Parenting; Being a Young Parent in My Family	44
Session 3	Building Parent-Child Bonding and Attachment; Developing Empathy in Children.....	52
Session 4	Ages and Stages of Development; Children's Brain Development; Adolescence and Teen's Brain Development.....	61
Session 5	Meeting Our Needs and the Needs of Our Children; Developing Personal Power in Children and Adults	71
Session 10	Recognizing and Handling Feelings; Helping Your Children Handle Their Feelings	109
Session 11	Establishing a Nurturing Bath Time Routine; Establishing a Nurturing Bed Time Routine	117
Session 16	Hopes and Fears; Certificates; Closing.....	162

CONSTRUCT C: DISCIPLINE WITH DIGNITY

Session 6	Improving Children’s Self-Worth; Praising Children and Their Behavior	79
Session 7	Understanding Discipline: Red, White & Bruises: Why Parents Spank Their Children ...	88
Session 8	Developing Family Morals and Values; Developing Family Rules	95
Session 9	Rewarding Children and Their Behavior; Punishing Children’s Behavior	101
Session 12	Possessive and Violent Relationships and Positive Self-Talk; Keeping Our Children Safe	124
Session 14	Managing Anger; Alternatives to Spanking	143
Session 15	Love, Sex, STDs and AIDS; Our Bodies, Sex and Birth Control.....	151
Session 16	Hopes and Fears; Certificates; Closing.....	162

CONSTRUCT D: SELF-AWARENESS AND APPROPRIATE FAMILY ROLES

Session 12	Possessive and Violent Relationships; Keeping Our Children Safe	124
Session 13	Understanding and Handling Stress: Touch, Personal Space and Date Rape.....	134
Session 14	Managing Anger; Alternatives to Spanking	143
Session 15	Love, Sex, STDs and AIDS; Our Bodies, Sex and Birth Control.....	151
Session 16	Hopes and Fears; Certificates; Closing.....	162

CONSTRUCT E: EMPOWERMENT AND INDEPENDENCE

Session 5	Meeting Our Needs and the Needs of Our Children; Developing Personal Power Children and Adults	71
Session 6	Improving Children’s Self-Worth; Praising Children and Their Behavior	79
Session 7	Understanding Discipline; Red, White & Bruises: Why Parents Spank Their Children....	88
Session 8	Developing Family Morals and Values; Developing Family Rules.....	95
Session 12	Possessive and Violent Relationships; Keeping Our Children Safe	124
Session 16	Hopes and Fears; Certificates; Closing.....	162

CLOSING AND ASSESSMENT

Home Visit 6	Post Program Assessment	23
Home Visit 7	Assessment Review and Planning	25