

Table of Contents: Parent Handbook

The Nurturing Program for Parents and Their Children with Special Needs and Health Challenges Program consists of twelve, 2-hour group-based sessions. Parents and children meet separately for the first 90 minutes and meet together for the last 30 minutes. The last 30 minutes of the program, called Family Together Time, includes a healthy snack and an activity. Facilitators may choose to do home visits periodically throughout the 12 weeks to enhance learning and evaluate program competencies.

About the Authors; About the Handbook.....	i
Session One Introduction and Overview; Getting to know You	1
Overview of Sponsoring Agency and Inclusion Model; Guidelines for Exclusion of Sick Children; Welcome to Holland Story; Home Practice: Self Reflection, Envisioning My Child's Future; Home Family Time: <i>Create a Family Motto and Vision</i> ; Week One Competencies	
Session Two Brain Development; Ages and Stages; Comfort and Calming	7
Nature Vs. Nurture; Children's Brain Development; Parts of the Brain; How Children's Brains Develop; Effects of Violence and Stress on Kids' Brains, What Every Child Needs; Developmental Stages; Impact of Special Needs and/or Health Challenges on Development; Developmental Stage: Infant; Developmental Stage: Toddler; Preschool Development; Understanding Temperament and Attachment; Bonding and Attachment; Comfort, Calming, and Coping; Home Practice: Self Reflection; Home Family Time: <i>Attachment Activity, Sensory Comfort Kit</i> ; Week Two Competencies	
Session Three Development School-Age; Parenting Styles; Family Structure; Grief and Loss	21
Ages and Stages: School Age Children; Parenting Styles; Personality Traits; Children's Reactions to Grief and Loss; Positive and Negative Labels; Home Practice: Observation, Conversation, and Creating Positive Labels; Home Family Time: <i>Recognizing Strengths</i> ; Week Three Competencies	
Session Four Praise; Personal Power; Independence	30
What is Praise; Roadblocks to Using Praise; Two Types of Praise: Praise for Being and Praise for Doing; Using Praise Correctly; Promoting Self-Praise in Children; Being "Conceited;" How to Use Praise as a Parenting Technique; What is Personal Power; How Do We Acquire Personal Power; Positive Use of Personal Power; Negative Use of Personal Power; Powerlessness; Control; Power Struggles; Obedience vs. Cooperation; Empowerment and Children; Empowered Children and Health Care; Building Personal Power in Children; Six Critical Life Messages; Home Family Time: <i>Love About Life</i> ; Week Four Competencies	
Session Five Discipline	39
Understanding Discipline; Red, White, and Bruises; Procedural Support and Comfort Positions for Healthcare Visits; Home Practice Assignment: Understanding My Values and Priorities/Guiding My Children; Home Family Time: Music and Movement; Week Five Competencies	

Session Six	Family Rules	45
	Developing Family Rules; Discipline Gives Life to Learning; Purpose of Family Rules; Positive and Negative Consequences; Home Practice: Developing Family Rules; Home Family Time: <i>Family Rules</i> ; Week Six Competencies	
Session Seven	Health and Healing	51
	Cultural Considerations; Meaning, Competency and Support; Stages of Grief; Anticipatory Grief; Home Family Time: <i>Developing Traditions</i> ; Week Seven Competencies	
Session Eight	Feelings and Needs	55
	Identifying and Expression Feelings; "If I Only Had a Heart;" "Your Face is Gonna Freeze That Way if You Keep Frowning;" How to Manage Feelings; Hiding Your Feelings; Letting Go of Past Pain; Feeling Free; "Feelings" Exercise; Understanding Our Needs; Stress and Burnout; "Getting My Needs Met;" Meeting Children's Needs Through Nurturing Routines; Home Practice: Create a Nurturing Routine; Home Family Time: <i>Feeling Faces or Find the Feeling</i> ; Week Eight Competencies.	
Session Nine	Helping Children Cope; Socialization; Sibling Support	62
	Helping Children Cope; Socialization/Inclusion; Sibling Support; Home Practice: Honor the Desire; Focus on Sibling(s); Home Family Time: <i>Fun with Bubbles</i> ; Week Nine Competencies	
Session Ten	Stress; Play; Health Challenges/Special Needs; Autism Awareness	68
	Ice Breaker and Home Practice Review; Stress: Self and Children; Humor and The Power of Play; Specific Health/Special Needs; Autism Awareness; Home Practice: Stress Reduction; Home Family Time: <i>Stress Buster Activity</i> ; Week Ten Competencies	
Session Eleven	Communication and Advocacy	83
	Communication – I Statements and You Messages; Understanding and Enhancing Language for the Child with Special Needs; Home Practice: Communication and Post Inventories; Home Family Time: <i>Scavenger Hunt</i> ; Week Eleven Competencies	
Session Twelve:	Closure and Celebration	90