

Table of Contents

Facilitator’s Instructional Manual – Children’s Program

Materials needed that are not included in the Nurturing Program Materials	i
How to Implement the Nurturing Program for Parents and Their Infants, Toddlers and Preschoolers	1
Session 1 Welcome; Picture Yourself/Your Family	3
Session 2 Getting to Know You	15
Session 3 Praise and Criticism	22
Session 4 Having Fun and Playing Games	33
Session 5 Strength Bombardment	42
Session 6 Dancing and Painting with Marbles	49
Session 7 Communicating How “I” Feel	56
Session 8 Making a Group Hand Mural	64
Session 9 Positive Self-Talk	72
Session 10 Personal Power	81
Session 11 Hurting Touch and Gentle Touch	92
Session 12 Right and Wrong: Learning Our Morals and Values	102
Session 13 Choices and Consequences	110
Session 14 Our Bodies and Scary Touch	120
Session 15 Time Out	128
Session 16 Time Out Review	135
Session 17 Hurting Touch and Gentle Touch Review	142
Session 18 Keeping Our Self Safe	149
Session 19 Painting with Our Fingers	157
Session 20 Protecting Our Bodies	166
Session 21 Don’t Keep it to Yourself	177
Session 22 Handling Our Anger	183
Session 23 Saying “No” to Unwanted Touch	195
Session 24 Saying “No” to Drugs and “Yes” to Health	203
Session 25 Telling Others	212
Session 26 I’m Glad I’m Me	222
Session 27 Celebration and Certificates	229