

Table of Contents

Updated Easy Reader Parent Handbook

| | |
|-----------------------------------------------------------------|-----|
| About the Authors/Illustrator | i |
| Introduction | 1 |
| Chapter 1 Nurturing Parenting; Rating Nurturing Skills | 3 |
| Chapter 2 Nurturing as a Lifestyle | 7 |
| Chapter 3 Children's Brain Development | 11 |
| Chapter 4 Parent-Child Bonding and Attachment | 20 |
| Chapter 5 Ages and Stages: Appropriate Expectations | 24 |
| Chapter 6 Ages and Stages: Infants | 28 |
| Chapter 7 Ages and Stages: Toddlers | 37 |
| Chapter 8 Ages and Stages: Preschoolers | 47 |
| Chapter 9 Ages and Stages School-Aged | 55 |
| Chapter 10 Skills Strips | 61 |
| Chapter 11 Male & Female Brain | 62 |
| Chapter 12 Developing Empathy | 65 |
| Chapter 13 Meeting Our Needs and the Needs of Our Children..... | 71 |
| Chapter 14 Recognizing and Understanding Our Feelings | 74 |
| Chapter 15 Helping Children Handle Their Feelings | 79 |
| Chapter 16 Spoiling Your Children | 83 |
| Chapter 17 Building Self-Worth | 86 |
| Chapter 18 Personal Power..... | 92 |
| Chapter 19 Discipline with Dignity..... | 96 |
| Chapter 20 Understanding Why Parents Spank | 104 |
| Chapter 21 Family Morals and Values..... | 109 |
| Chapter 22 Family Rules..... | 112 |
| Chapter 23 Rewards and Punishments | 117 |
| Chapter 24 Praising Children and Their Behavior | 126 |
| Chapter 25 Touching My Children and My Touch History..... | 132 |
| Chapter 26 Time Out | 135 |
| Chapter 27 Child Proofing Your House From Danger | 139 |
| Chapter 28 Verbal and Physical Redirection | 149 |

| | | |
|------------|-------------------------------------------------------------------|-----|
| Chapter 29 | Establishing Nurturing Parenting Routines | 152 |
| Chapter 30 | Nurturing Diapering and Dressing Routine | 156 |
| Chapter 31 | Nurturing Feeding Time Routine..... | 161 |
| Chapter 32 | Feeding Your Child Nutritious Foods | 167 |
| Chapter 33 | Nurturing Bath Time Routine..... | 170 |
| Chapter 34 | STDs | 175 |
| Chapter 35 | Developing Children's Sexual Self-Worth..... | 181 |
| Chapter 36 | Nurturing Bed Time Routine..... | 187 |
| Chapter 37 | Understanding and Handling Stress | 193 |
| Chapter 38 | Helping Children Manage Their Behavior | 197 |
| Chapter 39 | Ignoring as a Parenting Technique..... | 201 |
| Chapter 40 | Toilet Training..... | 207 |
| Chapter 41 | Understanding and Expressing Your Anger | 214 |
| Chapter 42 | Helping Children Express Their Anger | 221 |
| Chapter 43 | Communicating Thoughts and Feelings..... | 227 |
| Chapter 44 | Criticism, Confrontation and Rules for Fair Fighting | 231 |
| Chapter 45 | Families and Alcohol Abuse | 235 |
| Chapter 46 | Keeping Kids Drug Free | 237 |
| Chapter 47 | How to Protect Our Children | 243 |
| Chapter 48 | Possessive and Violent Relationships..... | 261 |
| Chapter 49 | Smoking and My Child's Health | 265 |
| Chapter 50 | Problem Solving, Decision Making, Negotiation and Compromise..... | 269 |