Nurturing Parenting Program for Prenatal Families®

Table of Contents

Session 1
Chapter 1: Description and Orientation
Chapter 2: Prenatal Nurturing Parenting
Chapter 3: Nurturing as a Lifestyle
Home Practice Assignment & Family Log7
Session 2
Chapter 4: Changes in Me and You
Chapter 5: Body Image10 My Views – Then and Now; My Partner's Views – Then and Now
Home Practice Assignment & Family Log12
Session 3
Chapter 6: Health and Nutrition
Chapter 7: Keeping Our Bodies and Babies Healthy
Home Practice Assignment & Family Log22
Session 4
Chapter 8: Fetal Development
Chapter 9: Children's Brain Development
Home Practice Assignment & Family Log

	Chapter 10: Getting My Needs Met
	Chapter 11: Developing Empathy
	Chapter 12: Myths and Facts About Spoiling Your Children
	Home Practice Assignment & Family Log3
<u>Se</u>	ssion 6
	Chapter 13: Partners in Pregnancy
	Chapter 14: Maintaining a Healthy Sexual Partner Relationship
	Home Practice Assignment & Family Log4
Se	ssion 7
	Chapter 15: Nurturing Touch4 Our Touch History; "My Touch History" Exercise
	Chapter 16: Why Parents Spank Their Children
	Home Practice Assignment & Family Log4
Se	ssion 8
	Chapter 17: Understanding Stress
	Chapter 18 Possessive and Violent Relationships5
	Many Women Remain in Violent Relationships Because; Issues that contribute t Involvement in a Possessive or Violent Relationship; Warning Signs to Look For
	Chapter 19 Handling Stress
	Home Practice Assignment & Family Log5
<u>Se</u>	ssion 9
	Chapter 20: Our Family System