

Nurturing Program for Parents and Their Infants, Toddlers and Preschoolers® Group Facilitator's Instructional Manual

Table of Contents

Nurturing Parenting Sessions by AAPI-2 Constructs.....	1
Family Nurturing Plan (FNP), Assessment and Implementation Suggestions	3
Session 1 Introductions, Hopes and Fears, Program Description, Assessment	9
Session 2 Nurturing Parenting; Children's Brain Development	20
Session 3 Nurturing as a Lifestyle; Building Parent-Child Bonding and Attachment.....	28
Session 4 Ages and Stages: Expectations and Development of Children; Infant & Toddler Development	38
Session 5 Ages and Stages: Preschooler & School-Age Development	45
Session 6 "Skills Strips" Developmental Review; Male & Female Brain	51
Session 7 Developing Empathy in Children; Meeting Our Needs and the Needs of Our Children.....	58
Session 8 Recognizing and Handling Feelings; Helping Your Children Handle Their Feelings.....	66
Session 9 Spoiling Your Children; Praising Children and Their Behavior	74
Session 10 Improving Children's Self-Worth; Developing Personal Power in Children and Adults	82
Session 11 Understanding Discipline; Red, White & Bruises: Why Parents Spank Their Children.....	91
Session 12 Developing Family Morals and Values; Developing Family Rules.....	98
Session 13 Rewarding Children and Their Behavior; Punishing Children's Behavior.....	104
Session 14 Infant and Child Massage	112
Session 15 Time Out; Body Map;	118
Session 16 Child Proofing Your Home; Verbal and Physical Redirection	127
Session 17 Establishing Nurturing Parenting Routines; Keeping Our Children Safe	134
Session 18 Establishing a Nurturing Diapering and Dressing Routine; Establishing a Nurturing Feeding Time Routine and Feeding Your Young Children Nutritious Foods	143
Session 19 Establishing a Nurturing Bath Time Routine; Establishing a Nurturing Bedtime Routine	149
Session 20 Our Bodies and Sex; Personal Space and Saying "No"; Love, Sex, STDs and AIDS.....	156

Session 21	Understanding and Handling Stress; Helping Children Manage Their Behavior....	166
Session 22	Managing Anger; Alternatives to Spanking.....	175
Session 23	Possessive and Violent Relationships; People, Possessions and Positive Self-Talk.....	183
Session 24	Families and Alcohol; Keeping Kids Drug Free; Smoking and My Child's Health	191
Session 25	Criticism and Confrontation; Problem Solving, Decision Making, Negotiation and Compromise.....	200
Session 26	Ignoring; Toilet Training	210
Session 27	Assessment, Certificates and Closing	217
	Home Practice Assignments.....	223