

Easy Reader Handbook for Young Parents and Their Families®

Table of Contents

About the Authors/Illustrator.....	i
Introduction.....	1
Chapter 1 Orientation and Program Description.....	3
Chapter 2 The Seven Principles of Nurturing Parenting; Rating My Nurturing Skills.....	9
Chapter 3 Critical Times for Children's Brain Development; What Every Child Needs	13
Chapter 4 Ages and Stages: Appropriate Expectations	22
Chapter 5 Developmental Stage: Infancy	26
Chapter 6 Developmental Stage: Toddler	35
Chapter 7 Developmental Stage: Preschooler.....	45
Chapter 8 Development Checklist "Skills Strips".....	53
Chapter 9 Praising Children and Their Behavior	54
Chapter 10 Touching My Children and My Touch History	60
Chapter 11 Developing Empathy	63
Chapter 12 The Needs of Adults and Children (S.P.I.C.E.S. of Life)	69
Chapter 13 Recognizing and Understanding Feelings; Helping Children Handle Their Feelings	72
Chapter 14 Building Self-Worth	81
Chapter 15 Personal Power	87
Chapter 16 Discipline with Dignity.....	91
Chapter 17 Understanding Why Parents Spank Their Children.....	99
Chapter 18 Family Morals and Values.....	104
Chapter 19 Family Rules	107
Chapter 20 Rewards and Punishments.....	112
Chapter 21 Time Out.....	121
Chapter 22 Child Proofing Your House from Danger	125
Chapter 23 Verbal and Physical Redirection	135
Chapter 24 Touch, Personal Space and Date Rape.....	138
Chapter 25 Love, Sex, STDs and AIDS	142
Chapter 26 Developing Children's Sexual Self-Worth	148
Chapter 27 Establishing Nurturing Parenting Routines	154
Chapter 28 Smoking and My Child's Health	158
Chapter 29 Establishing a Nurturing Diapering and Dressing Routine	162
Chapter 30 Families and Alcohol Abuse.....	167
Chapter 31 Establishing a Nurturing Feeding Time Routine.....	169
Chapter 32 Feeding Your Children Nutritious Foods.....	175
Chapter 33 Peer Pressure	178
Chapter 34 Establishing a Nurturing Bath Time Routine.....	182

Chapter 35	Understanding and Handling Stress	187
Chapter 36	Establishing a Nurturing Bedtime Routine	191
Chapter 37	Understanding and Expressing Your Anger	197
Chapter 38	Helping Children to Express Their Anger	204
Chapter 39	Helping Children Manage Their Behavior	210
Chapter 40	Criticism and Confrontation	215
Chapter 41	Ignoring as a Parenting Technique	219
Chapter 42	Toilet Training	223

BONUS Chapters

Chapter 43	Positive and Negative Nurturing and My Personality	230
Chapter 44	Building Parent-Child Bonding and Attachment	234
Chapter 45	Teen's Brain Development	238
Chapter 46	How to Protect Our Children	244
Chapter 47	Possessive and Violent Relationships	262