

Nurturing Program for Young Parents and Their Families®

Sixteen Session Group-Based and Seven Session Home-Based Program

Group Facilitator's Instructional Manual for Teaching Children

Table of Contents

Lesson Outline and Program Schedule	1
Materials needed that are not in the program.....	3
How to Implement the Program	4
Session 1 Welcome; Picture Yourself/Your Family.....	7
Session 2 Getting to Know You	19
Session 3 Communicating How I Feel.....	26
Session 4 Having Fun and Playing Games	34
Session 5 Personal Power.....	43
Session 6 Praise and Criticism	54
Session 7 Hurting Touch and Gentle Touch.....	65
Session 8 Right and Wrong: Learning Our Morals and Values	75
Session 9 Choices and Consequences.....	83
Session 10 Making a Group Hand Mural.....	93
Session 11 Painting with Our Fingers.....	101
Session 12 Saying “No” to Unwanted Touch.....	110
Session 13 Don’t Keep it to Yourself	118
Session 14 Handling Our Anger	128
Session 15 Saying “No” to Drugs and “Yes” to Health	140
Session 16 Self and Family Pictures; Celebration and Certificates	150