

Nurturing Program for Teen Parents and Their Children®

Table of Contents

Chapter 1	The Nurturing Parenting Program: Description and Orientation.....	1
Chapter 2	The Philosophy of Nurturing Parenting.....	4
Chapter 3	Children’s Brain Development: The Differences Between Male and Female Brains and Promoting Children’s Brain Growth.....	10
Chapter 4	Ages & Stages: Having Appropriate Expectations of Children.....	18
Chapter 5	Developmental Stage: Infancy (Birth to One Year).....	23
Chapter 6	Developmental Stage: Toddler (One to Three Years).....	28
Chapter 7	Developmental Stage: Preschool (Three to Six Years).....	35
Chapter 8	Developmental Checklist.....	40
Chapter 9	Giving and Receiving Praise.....	42
Chapter 10	Touch and My Touch History.....	48
Chapter 11	Developing Empathy: Learning to Care.....	51
Chapter 12	Meeting Our Needs, Meeting the Needs of Our Children; “Spoiling” Children.....	56
Chapter 13	Recognizing and Understanding Feelings in Ourselves and in Children.....	65
Chapter 14	Building Self-Worth.....	72
Chapter 15	Developing Personal Power.....	78
Chapter 16	Understanding Discipline.....	83
Chapter 17	Understanding Why Parents Hit Their Children.....	87
Chapter 18	Developing Family Morals and Values.....	93
Chapter 19	Developing Family Rules.....	97
Chapter 20	Using Rewards and Punishments to Guide and Teach Children.....	103
Chapter 21	Time-Out.....	110
Chapter 22	Child Proofing Your House from Danger.....	115

Chapter 23	Verbal and Physical Redirection.....	121
Chapter 24	Identifying and Preventing Date Rape.....	126
Chapter 25	STDs, AIDS, and HIV.....	130
Chapter 26	Developing Sexual Self-Worth.....	136
Chapter 27	Establishing Nurturing Parenting Routines.....	141
Chapter 28	Smoking and the Dangers of Second-Hand Smoke.....	145
Chapter 29	Nurturing Diapering and Dressing Routine.....	148
Chapter 30	Drinking and Drugs.....	151
Chapter 31	Nurturing Feeding Time Routine.....	157
Chapter 32	Feeding Your Young Children Nutritious Foods.....	160
Chapter 33	Peer Pressure.....	164
Chapter 34	Nurturing Bath Time Routine.....	168
Chapter 35	Handling Stress.....	172
Chapter 36	Nurturing Bed Time Routine.....	176
Chapter 37	Understanding and Expressing Your Anger.....	184
Chapter 38	Helping Children Express Their Anger Appropriately.....	188
Chapter 39	Helping Children Manage Their Behavior.....	193
Chapter 40	Criticism, Confrontation, and Rules for Fair Fighting.....	198
Chapter 41	Ignoring as a Parenting Technique.....	203
Chapter 42	Toilet Training.....	207
Family Home Practice Assignments: Group-Based Program.....		213
Family Home Practice Assignments: Home-Based Program.....		219