

The Nurturing Parenting Programs®

Family-Based Parenting Programs and Curricula
for the Prevention and Treatment of Child Abuse and Neglect

2009 Catalog
Prices subject to change



The Nurturing Programs are recognized by the National Registry of Effective Programs (NREP) and by the Substance Abuse and Mental Health Services Administration (SAMHSA).

The Nurturing Parenting Programs are also recognized by the Child Welfare League of America (CWLA), the Office of Juvenile Justice and Delinquency Prevention (OJJDP) and the Center for Substance Abuse Prevention (CSAP).

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The Nurturing Parenting Programs® Catalog

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The Nurturing Parenting Programs®

For the Prevention and Treatment of Child Abuse and Neglect

The Philosophy of Nurturing Parenting

The philosophy of Nurturing Parenting emphasizes the importance of raising children in a warm, trusting and caring household. It is founded on the belief that children who are cared for develop the capacity to trust, care and respect themselves, other people and living creatures and the environment. The philosophy of Nurturing Parenting is founded on seven principles:

1. **Feelings of Attachment.** Attachment means a bond between parents and their children that conveys a deep love that is unconditional. When children feel loved unconditionally, communication, trust and respect naturally follow.
2. **Empathy.** Empathy is the ability of parents to put themselves in the place of their children in an attempt to feel, think and understand what their children are feeling, thinking and understanding, and responding to them in a loving and respectful way.
3. **Nurturing Oneself.** Taking time in getting one's own needs met, as an adult, forms the foundation of understanding and helping children get their needs met. Nurturing parents take care of themselves as well as their children.
4. **Gentle Touch.** Research has shown that children who experience warm and gentle touch in the form of hugs, pats, and massages develop and maintain healthy relationships throughout their life, as well as a healthy and positive sense of their self.
5. **Discipline.** Setting limits through family rules, teaching right from wrong through family morals, and teaching respect and worth through family values are all a part of a nurturing family. Discipline cannot be imposed, beaten into or forced on children but rather develops best by the children modeling their parents whose example they admire.
6. **Expressing Feelings.** Helping children and adults learn appropriate ways to manage and express their feelings is a fundamental characteristic of a nurturing family.
7. **Expectations and Self-Worth.** Knowing what to expect of children as they develop plays a significant role in their self-worth. When parents have appropriate expectations, children learn that they are competent people, capable of pleasing others important in their lives.

Program Formats

Group-based Programs. The frequency and length of Nurturing Parenting Program sessions vary according to the type of the program. Generally, group-based sessions run from 2 ½ to 3 hours once a week. Home-based sessions run 1 ½ hours

once a week. The number of group-based sessions varies from 12 (Parents and Adolescents) to 24 (Parents and Their Infants, Toddlers and Preschoolers) or 26 (Teen Parents and Their Families). Home-based sessions for Infants, Toddlers, and Preschoolers total no more than 48 and no more than 50 for Teen Parents and Their Families. Parents and children meet in separate groups that run concurrently. Group sessions are held in sites ranging from church basements to prison classrooms, but conference rooms at state, county, or private non-profit agencies are the most common sites. A total of 12 to 15 adults attend the group programs (single parents or intact couples). Two professionals or paraprofessionals facilitate the parent group; at least two staff (more when necessary) facilitate the children's program. Each group-based session includes:

Adult Format *

- Icebreaker and Home Practice Check-In (20 minutes)
- Parenting Skills Activities (40 minutes)
- * Family Nurturing Time (30 minutes with children)
- Self Nurturing Activities (50 minutes)
- Home Practice Exercise (5 minutes)

Children's Format *

- Children's Activities (2 hours)

** Children and Parents meet together at Family Nurturing Time.*

Home-based Programs. For the first hour of the 1½ hour session, the Nurturing Parenting Program home visitor meets one-on-one with the parents. Non-infant children who do not require close supervision are free to be present as they wish, but the focus is primarily on the parents and the home visitor. Each home session follows a consistent format: Icebreaker and Home Practice Check-In (10 minutes), Parenting Skills and Self-Nurturing Activities (45 minutes), Home Practice Exercise (5 minutes), Family Nurturing Time (25 minutes), and Infant, Toddler, and Preschooler Activities and conclude with a Family Hug.

Stephen J. Bavolek, Ph.D., Principal Author, The Nurturing Parenting Programs®

Dr. Bavolek is recognized for his work in promoting nurturing parenting attitudes and skills for the prevention and treatment of child abuse and neglect. Over the past 30 years, he has authored and validated family-based parenting programs, school curricula, videos, instructional aides and training materials all designed to enhance the lives of individuals and families through nurturing. Dr. Bavolek has conducted thousands of workshops, has appeared on radio and television talk show programs, and has published numerous books, articles, and newsletters. He is President of Family Development Resources, Inc. and Executive Director of Family Nurturing Centers, International.

For more information about Dr. Bavolek and his work, visit the Research & Validation Section at www.nurturingparenting.com.

Nurturing Parenting Programs® Reference Table by Levels of Prevention

	Group-Based	Home-Based	# of Sessions	Session Length	Child Care or Children's Program Curriculum
Prevention Programs (Primary Prevention)					
Prenatal Families	X		9	2½ hours	Child care
Community Based Education in Nurturing Parenting	X		10	1 ½ hours	Parents only
Community Based Education in Nurturing Parenting – Military Families	X		7	1 ½ hours	Parents only
Self-Instructional Nurturing Curriculum		X	23	1 hour	Parents & Children
ABC's for Parents and Their Children Entering Kindergarten	X		7	2 hours	(Pre-K and Kindergarten)
Alcohol and Kids Don't Mix	X	X	5	1 ½ hours	Parents only
Alcohol, Anger, and Abuse	X	X	5	2 hours	Staff Training/Parents only
African-American Supplemental Lesson Guide	X	X	4	2 hours	Parents only
"Nurturing God's Way" Parenting Program for Christian Families	X		21	2 hours	Parents only
Parents and Their Children with Health Challenges (also Intervention)	X		8	2 hours	Parents & Children
Intervention Programs (Secondary Prevention)					
Nurturing Skills for Families (also Prevention)	X	X	80 Lessons	Varies	Parents & Children
Nurturing Skills for Teen Parents (also Prevention)	X	X	59 Lessons	Varies	Parents & Children
Nurturing America's Military Families (also Prevention)	X	X	78 Lessons	Varies	Parents & Children
Family Nurturing Camp Weekend Experience (also Prevention)	X		N/A	N/A	Parents & Children
Families in Substance Abuse Treatment and Recovery (also Treatment)	X		18	1½ hours	Can be used with any children's program
Hmong Parents and Their Adolescents	X		12	3 hours	Parents & Children
Treatment Programs (Tertiary Prevention)					
Parents and Their Infants, Toddlers and Preschoolers (group based)	X		24	2½ hours	Parents & Children
Parents and Their Infants, Toddlers and Preschoolers (home based)		X	48	1½ hours	Parents & Children
Parents and Their School-Age Children 5 to 11	X		15	2½ hours	Parents & Children
Parents and Adolescents	X		12	3 hours	Parents & Children
Teen Parents and Their Families (group based)	X		26	2½ hours	Parents & Children
Teen Parents and Their Families (home based)		X	50	1½ hours	Parents & Children
Nurturing Father's Program	X		13	2 ½ hours	Fathers only
Crianza con Cariño para Padres y Niños (Parents and Children Birth to 5 Years) y Padres e Hijos (Parents and Children 4 to 12 years)	X	X	45	1 ½ hours	Parents & Children

The Nurturing Parenting Programs® Levels of Prevention

The Nurturing Parenting Programs are designed for the prevention and treatment of child abuse and neglect. To meet the specific needs of the families, programs have been identified according to the standard levels of prevention: primary, secondary (intervention) and tertiary (treatment).

Prevention Programs (Primary Prevention)

The primary prevention of child abuse and neglect has been a sought after goal for decades. At primary levels of prevention, a “zero tolerance” community philosophy exists. Parenting education at the pre-parent stage, the pre-natal stage, education for special learning needs children, support groups, community action teams, community awareness campaigns, community resources are implemented so all forms of child maltreatment can be prevented.

Nurturing Parenting Programs listed on the Reference Table under **Prevention** provide education to increase the knowledge and skills of parents and pre-parents.

- Prenatal
- Community Based Education in Nurturing Parenting
- “Nurturing America’s Military Families™” Community Based Education in Nurturing Parenting
- Self-Instructional Nurturing Curriculum
- ABC’s for Parents and Their Children Entering Kindergarten
- Alcohol and Kids Don’t Mix
- Alcohol, Anger, and Abuse
- African-American Supplemental Lesson Guide
- “Nurturing God’s Way” Parenting Program for Christian Families
- Parents and Their Children with Health Challenges

Intervention Programs (Secondary Prevention)

At the secondary level of prevention, programs are designed to “intervene” to prevent further escalation of the early stages of maltreatment. Families at this level are often referred to as “at-risk.” The goal of intervention is to provide families with the necessary knowledge, skills, resources and services to build upon their parenting strengths to prevent abuse and neglect.

Nurturing Skills Programs listed on the Reference Table under **Intervention** allow professionals and parents to work together in tailor making programs to meet their specific parenting needs.

- Nurturing Skills for Families
- Nurturing Skills for Teen Parents
- Nurturing America’s Military Families
- Nurturing Skills for Hispanic Families
- Family Nurturing Camp Weekend Experience
- Families in Substance Abuse Treatment and Recovery
- Hmong Parents and Their Adolescents

Treatment Programs (Tertiary Prevention)

At the tertiary level of prevention, programs are designed to “treat” families identified by social services for child abuse and neglect. At this level of prevention, families are in need of structured, long-term, family-based programs and services to replace old, existing hurting patterns of parenting with newer, nurturing parenting patterns. The process of re-parenting can best be accomplished with proven programs over time.

Nurturing Parenting Programs listed on the Reference Table under **Treatment** are evidence-based programs that are proven to help treat and prevent the recurrence of child maltreatment.

- Parents and Their Infants, Toddlers and Preschoolers
- Parents and Their School-Age Children 5 to 11
- Parents and Adolescents
- Teen Parents and Their Families
- Nurturing Fathers Program
- Crianza con Cariño para Padres y Niños (Parents and Children Birth to 5 Years) Program
- Crianza con Cariño para Padres e Hijos (Parents and Children 4 to 12 Years)

Assessment and Program Evaluation

Adult-Adolescent Parenting Inventory (AAPI-2)

The AAPI-2 is an inventory designed to assess the parenting and child rearing attitudes of adult and adolescent parent and pre-parent populations. Based on the known parenting and child rearing behaviors of abusive parents, responses to the inventory provide an index of risk for practicing behaviors known to be attributable to child abuse and neglect. *Normed for English and Spanish-Speaking Families.*

www.assessingparenting.com

Visit our online testing and scoring website for the AAPI-2 at www.assessingparenting.com.

Nurturing Quiz

The Nurturing Quiz is an informal multiple-choice inventory given pre and post intervention designed to measure knowledge parents and teens have of appropriate parenting practices.

Nurturing Skills Competency Scale

The Nurturing Skills Competency Scale is an inventory designed to assess the knowledge and use of nurturing parenting concepts, practices and strategies. The NSCS is designed to be specific to the three major developmental stages (Pre-School, School-Age and Adolescent). When used in conjunction with the AAPI-2, the NSCS provides an index of Low, Moderate or High Risk for child maltreatment.

Family Social History Questionnaire

The Family Social History Questionnaire is a self-report inventory given pre and posttest to gather information regarding the family demographics (age, gender, income, education level, etc.) and perceptions of childhood history.

Program Evaluation Forms

At the end of each home visit or group session, parents complete a Program Evaluation Form.

Family Record and Performance Chart

The Family Record and Performance Chart allows parent educators to keep track of which parenting lessons are offered to families during home visits.

Valid and Reliable Inventories used to Assess Parenting Attitudes, Knowledge and History

The Benefits of Assessment

- Measure the pre and post effectiveness of your parenting program.
- Determine parenting strengths and areas that need improvement.
- Increase the probability of funding with built-in pre-process-post assessment.

The Levels of Assessment

- Pre: Data collected prior to the formal start of your program to determine entry level capabilities.
- Process: Data collected during the program to monitor ongoing growth and changes.
- Post: Data collected at the completion of your program to determine the level of growth and future intervention needs of the family.

Types of Assessment

- Knowledge: What do parents and teens know of appropriate parenting practices?
- Attitudes: What attitudes do parents and teens express about raising children?
- History: What childhood history do parents and teens have that affects their parenting?

The Adult-Adolescent Parenting Inventory (AAPI-2)

Description. The AAPI-2 is an inventory designed to assess the parenting and child rearing attitudes of adult and adolescent parent and pre-parent populations. Based on the known parenting and child rearing behaviors of abusive parents, responses to the inventory provide an index of risk for practicing behaviors known to be attributable to child abuse and neglect. *Available in English, Spanish, Kreyol, Korean, Arabic.*

Sub-Scales. Responses to the AAPI-2 provide an index of risk in five specific parenting and child rearing behaviors:

Construct A

Inappropriate Expectations of Children

Construct B

Parental Lack of Empathy Towards Children's Needs

Construct C

Strong Parental Belief in the Use of Corporal Punishment

Construct D

Reversing Parent-Child Family Roles

Construct E

Oppressing Children's Power and Independence

Intended Populations. Adult parent and pre-parent populations as well as adolescent parent and pre-parent populations as young as 13 years old.

Reading Level. The AAPI-2 has an assessed fifth grade reading level.

Validity and Reliability. The AAPI-2, like its predecessor the AAPI, is a validated and reliable inventory used to assess parenting attitudes. Over 20 years of research with the AAPI indicate:

- Abusive parents express significantly ($p < .001$) more abusive attitudes than non-abusive parents.
- Males, regardless of status (abusive or non-abusive) express significantly ($p < .001$) more abusive parenting attitudes than females.
- Adolescents with histories of being abused express significantly ($p < .001$) more abusive parenting attitudes than non-abused adolescents.
- Male adolescents express significantly ($p < .001$) more abusive parenting attitudes than female adolescents.
- Each of the five parenting constructs of the AAPI-2, forming the five sub-scales of the inventory, show significant diagnostic and discriminatory validity. That is, responses to the inventory discriminate between the parenting behaviors of known abusive parents and the behaviors of non-abusive parents. These findings hold true for abused adolescents and non-abused adolescents.

www.assessingparenting.com

Assessing Parenting Testing and Scoring Website Service for the Adult-Adolescent Parenting Inventory (AAPI-2)

www.assessingparenting.com

Available in English, Spanish, Kreyol, Korean, Arabic.

Benefits

1. **Administer and Score the AAPI Anytime.** The AAPI is available 24 hours a day, 365 days of the year anywhere in the world you have access to the World Wide Web.
2. **Cost Savings.** Whether you use the Interactive Inventory that allows the participant to respond directly to the items on line, or the Manual Data-Entry Inventory that allows you to transfer data from a completed paper administration, the ease in which data can be entered and analyzed will dramatically reduce staff time and in manually scoring each inventory. Enter data one time only and export immediately!
3. **Accuracy.** Let Assessing Parenting do the scoring for you. Once the demographic information and the responses to the items have been entered, the program automatically scores and stores your data. Scoring errors go down: accuracy goes up.
4. **Data Privacy.** Only the agency staff assigned to the account will have access to your data. Agencies create their own personal user name and password for security.
5. **Data Export.** Assessing Parenting allows you to export saved data into a text style program that converts easily to other statistical programs for more in-depth analyses.
6. **Individual and Group Profiles.** Assessing Parenting provides you with scored copies of the Parenting Profile, along with the numeric value of each item's response. Group profile data and standard deviations are also provided along with the dates of the first and latest administration for each client.
7. **Manage Data by Program.** All data are stored in Programs. Programs are the various interventions offered by an agency. Storing data by Programs allows agency staff to review the outcome data of specific interventions.
8. **Clinical Interpretation of Parenting Profiles.** General clinical information is provided to help staff interpret the parenting profiles and to create an effective intervention designed to build positive, nurturing parenting behaviors.
9. **Download Test Forms.** Once you establish an account, you also receive permission to download and print all the Form A's and Form B's you need **at no charge**.
IMPORTANT: The AAPI online Forms A and B are different than the old, hand-scored versions of the test forms. Use only the Assessing Parenting downloaded forms to ensure accuracy of data entry and analysis.
10. **One-Year Free Data Storage.** At the end of each Program, staff is encouraged to download and save their data on their hard drive or on a CD Rom. Participant data can be exported as a tab-delimited text file, which can be imported directly into your favorite spreadsheet program. After 1 year, the data will be deleted and stored in a back up server. Retrieving data after 1 year will result in additional charges.

To Order the Adult-Adolescent Parenting Inventory (www.assessingparenting.com)

- | | |
|---|----------------------------|
| a. Minimum purchase of 10 administrations | \$10.00 per administration |
| b. 11 to 25 administrations | \$ 6.00 per administration |
| c. 26 to 59 administrations | \$ 4.00 per administration |
| d. 60 to 400 administrations | \$ 2.50 per administration |
| e. 401 to 1,000 administrations | \$ 2.25 per administration |
| f. Over 1,000 administrations | \$ 2.00 per administration |

Assessment and Program Evaluation

Family Record and Performance Chart

Family Record and Performance Chart

The Family Record and Performance Chart allows parent educators to keep track of which parenting lessons are offered to families during home visits. Chart is specific to the Nurturing Program for Parents and Their Infants, Toddlers and Preschoolers, and the Nurturing Program for Teen Parents and Their Families.

To Order, use Code FRPC \$12.00

Nurturing Quiz

The Nurturing Quiz

The Nurturing Quiz is an informal multiple-choice inventory given pre and post intervention designed to measure knowledge of appropriate parenting practices. It is easy to score and provides useful information regarding gains in knowledge the participants made. Each Nurturing Program comes with a package of 40 NQ specific to the developmental level of the parenting instruction (Infants, Toddlers and Preschoolers, School-Age, and Teen Parents).

To Order, Use Specific NQ Code \$25.00

Nurturing Skills Competency Scale

Nurturing Skills Competency Scale

The Nurturing Skills Competency Scale is an inventory designed to assess the knowledge and use of nurturing parenting concepts, practices and strategies. It is specific to the three major developmental stages (Pre-School, School-Age and Adolescent). When used in conjunction with the AAPI-2, the NSCS provides an index of Low, Moderate or High Risk for child maltreatment. (*Package 50*)

To Order, Use Specific NSCS Code \$50.00

Family Social History Questionnaire

The Family Social History Questionnaire

The Family Social History Questionnaire is a self-report inventory given pre and posttest to gather information regarding the family demographics (age, gender, income, education level, etc.), perceptions of childhood history and quality of life with their partners and children. Each Nurturing Program comes with a package of 40 FSHQ.

To Order, use Code FSHQ \$25.00

Program Evaluation Forms

Program Evaluation Forms

At the end of each home visit or group session, parents complete a Program Evaluation Form and rate the quality of the specific session, as well as the quality of their program in general. An excellent way to assess the progress of the group and the clarity of your instruction. Each complete Nurturing Program comes with a package of 120 EF.

To Order, use Code EF \$12.00

Family Logs

Family Logs

The Family Log is an informal measure designed to help parents identify changes that are going on in their family. Parents are encouraged to keep a weekly journal of the changes they notice in themselves, their children and their family. Parents are requested to share their observations during the group sessions. (*Package 120*).

To Order, use Code FL \$12.00

Family Nurturing Journal

Family Nurturing Journal (FNJ)

The Family Nurturing Journal is designed to help the parents acquire the new knowledge and skills that they are expecting to develop through their participation in the Nurturing Program classes. The Journal will help parents, as well as staff, to monitor the success the parents are making with each session of the program.

To Order, use Code NP2FNJG (Group) or NP2FNJH (Home) \$20.00

Family Nurturing Plan.

Program Facilitators create a Family Nurturing Plan for each family. The Family Nurturing Plan is a way to keep track of the progress families are making throughout the program.

To Order, use Code NP2FNPH (Home) or NP2FNPG (Group) \$20.00

Nurturing Program for Prenatal Families®

Juliana Dellinger-Bavolek, M.S.E. and Barbara Naki, R.N., M.A.

Program Description

- A nine-session group-based program
- Each session lasts 2 ½ hours
- Parents receive illustrated Handbooks
- Facilitators use Activities Manual for Parents
- Expectant mom and partner attend

Parents Learn How To:

- Bond with their baby
- Nurture themselves and their partners
- Prevent drug-related birth defects
- Handle stress and anger
- Develop non-hitting attitudes
- Use Infant Massage
- Adjust to being pregnant
- Understand ages and stages of infant development
- Deal with physical and emotional changes
- Strengthen the bond with their partners

Manuals & Videos Include...

Implementation Manual

A comprehensive resource guide for the facilitator, covering overview of the philosophy, planning and preparation, and program implementation. NPIMP

Activities Manual for Parents

Program activities manual for conducting the Prenatal program. Activities are presented in nine weekly sessions, each 2 ½ hours in length. Each professional conducting the program should have their own copy. PREAMP

Parent Handbook

An informational guide for parents describing numerous nurturing parenting techniques, as well as stages of fetal development, cultural parenting concepts, significance of names, changes occurring in mom and weekly home practice assignments. Each parent participating in the program needs a Handbook. *(English or Spanish)* PREPHB

Nurturing Book for Babies and Children

Presents current information on brain development and child massage. Also contains activities parents can do at home with their infant, toddler and preschooler to build nurturing relationships, as well as information on common childhood illnesses, ways to celebrate holidays, and a scrap book to detail the history and development of the child. NBBC

Nurturing Touch: Introduction to the Art of Infant Massage

A 20-minute instructional video describing the benefits of massaging infants and demonstrating easy-to-use strokes on the back and legs. Helps parents establish a nurturing touch routine with their infants and children. The *Nurturing Touch Handbook* accompanies this video. (Handbook available in English or Spanish) IFM-S

Alternatives to Spanking Series: I'm Only Doing This For Your Own Good

A five-part interactive video teaching parents alternatives to hitting, shaking and spanking babies, toddlers, and preschoolers. SPK2

Babies and Booze Don't Mix

An expectant mom and her girlfriends celebrate away from the children. The celebration leads to drinking margaritas and a discussion about the dangers of drinking alcohol, birth defects, and Fetal Alcohol Syndrome. FAS

To Order the Prenatal Program

All items listed below are included in a complete program or sold separately.

Manuals	Code	Price Each	Total Price
1 Implementation Manual	NPIMP	\$ 30.00	\$ 30.00
1 Activities Manual for Parents	PREAMP	\$ 25.00	\$ 25.00
15 Parent Handbooks <i>(English or Spanish)</i>	PREPHB	\$ 15.00	\$ 225.00
15 Nurturing Book-Babies and Children	NBBC	\$ 15.00	\$ 225.00
15 Nurturing Touch Handbooks	IFM-H	\$ 6.00	\$ 90.00
Resource Materials			
1 Multicultural Parenting Guide	MCG	\$ 25.00	\$ 25.00
15 Red, White & Bruises Pamphlets	RWB	\$ 1.00	\$ 15.00
Parenting DVDs			
1 Nurturing Touch: Introduction to the Art of Infant Massage (20 minutes)	IFM-S	\$ 24.95	\$ 24.95
1 Babies and Booze Don't Mix	FAS	\$ 24.95	\$ 24.95
1 I'm Only Doing This For Your Own Good	SPK2	\$ 84.95	\$ 84.95
Assessment and Evaluation			
1 AAPI-2 Online (60 administrations)	AOL-KIT	\$150.00	\$ 150.00
1 Nurturing Skills Competency Scale (pkg/50)	PRE-NSCS	\$ 50.00	\$ 50.00
Certificates			
1 Parent's Certificates (pkg/20)	CERP	\$ 5.00	\$ 5.00
1 Facilitator's Certificates (pkg/20)	CERF	\$ 5.00	\$ 5.00
Total Program Price	PRE		\$ 979.85

Specify English or Spanish when ordering

Community Based Education in Nurturing Parenting® Available in English and Spanish
Community Based Education in Nurturing Parenting for Military Families® NEW

Stephen J. Bavolek, Ph.D.

Bring the Dynamic Philosophy and Practices of Nurturing Parenting to Families in Your Community *English/Spanish*

The Community Based Education in Nurturing Parenting CD is a series of ten independent 60 to 90 minute lessons. Each lesson comes with a Lesson Plan that includes goals, objectives, discussion topics, interactive activities, worksheets and handouts for the parents, and evaluation and feedback forms. Lessons also include marketing and workshop tools that can be customized with your agency name, and the location, date and time of the workshop. Color slides are included on the CD designed for overhead and/or power point presentations.

The lessons are a versatile means of educating families in the community on the philosophy and skills of Nurturing Parenting, proven, evidenced based parenting programs.

Lessons include:

- The Philosophy and Practices of Nurturing Parenting
- Ages and Stages of Growth for Infants and Toddlers
- Ways to Enhance Positive Brain Development in Children and Teens
- Communicating with Respect
- Building Self-Worth in Children
- Understanding Feelings
- Understanding and Developing Family Morals, Values and Rules
- Praising Children and their Behavior
- Alternatives to Spanking
- Learning Positive Ways to Deal with Stress and Anger

CD includes:

- 10 individual parenting lessons each 60 to 90 minutes long
- Lesson Plans include goals, objectives, discussion topics, interactive activities, worksheets, and handouts for parents
- Lessons are presented in Power Point and Overhead Transparencies to meet your style of training
- Customize your trainings by entering your agency's name, work-shop location and dates on flyers, postcards and training signs that accompany each lesson
- Parents receive name badges, lesson handouts and customized certificates of participation
- No need for hours of preparation. Each lesson comes with all the materials you need to conduct your training

Innovative Uses for the Lessons

- Free parenting classes for the community sponsored by local businesses or service clubs
- School or church sponsored parenting classes
- Training for foster and adoptive parents
- In-service training for professionals and para-professionals in the helping fields
- Brown-bag lunch seminars for businesses
- Instruction for high school, community college, and university classes in child development, parenting, family life, etc.
- Introduction parenting classes to entice parents to attend structured parenting programs
- Cable television programming
- Child abuse prevention awareness
- Parenting instruction for new parents offered in hospitals and clinics
- Marriage and family classes
- Education in parenting for homeless shelters, shelters for domestic violence victims, prison inmates
- Military personnel stateside and deployed
- Refresher classes for families completing parenting programs
- Support Groups such as Parents Anonymous, Parents Without Partners, Alcoholics Anonymous
- Preschool education volunteers and families
- PTA meeting
- Professional workshops and conferences on parenting education
- Classes on infant massage
- Prenatal parenting classes

To Order the Community Based Program

	Code	Total Price
English CD (Price includes unlimited use and download of reproductions)	CBE	250.00
Spanish CD (Price includes unlimited use and download of reproductions)	CBESP-CD	250.00

To Order the Community Based Program for Military Families

Military CD (Price includes unlimited use and download of reproductions)	CBE-MIL	250.00
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The Self-Instructional Nurturing Parenting Program® For Families and Professionals

Stephen J. Bavolek, Ph.D.

The Self-Instructional Nurturing Parenting Program allows families and professionals to learn the philosophy, qualities, and practices of nurturing parenting at home.

For Families

- 23 sessions for parents and children
- Develop your nurturing parenting skills at home at a pace you set.
- Learning nurturing parenting skills together with your spouse or partner.
- Enjoy the benefits of learning how to grow and bond as a family.
- Develop a consistent, nurturing home by involving grandparents and other extended family members in learning the philosophy of nurturing parenting.
- Easy-to-understand without any pressure of attending a weekly group setting.

In the Self-Instructional Nurturing Parenting Program, you and your family will learn...

... to establish a workable plan of discipline that includes creating family rules; identifying your family morals, the right and wrongs you want your children to learn; developing a strong set of family values that will help guide you and your children during the challenging times of peer pressure and media pressure.

... to develop a sense of empathy by learning how to care for yourself and each other; how to properly communicate feelings, opinions, and thoughts; and the art of disagreeing and arguing.

... to develop the positive self-worth of all family members by learning how to substitute negative labels and perceptions for positive ones through praise, touch and nurturing routines.

For Professionals

The Self-Instructional Nurturing Parenting Program is a great way to build your professional competence as a parent educator. Did you know research tells us there are three important conditions to helping families learn new parenting skills? 1) Using a validated, proven program like the Nurturing Parenting Programs, 2) Selecting the right families for the right parenting program, and 3) Competent staff to implement the program.

Professionals teaching parenting education need to update their parenting attitudes, knowledge, and skills to facilitate the growth of the families they're teaching. Use the proven principles of Nurturing Parenting at home with your own family to improve your skills as a professional parent educator.

Read! The Parent Handbook

Listen! 10-part Audio CD in English and Spanish!

Watch! The 30-minute Instructional DVD

Learn! A nationally acclaimed approach that empowers children to be respectful and cooperative while building a high self-worth and a strong sense of caring.

Program Includes...

- Parent Handbook: Teaching Empathy, Self-Worth and Discipline to School-Age Children NP1PHB
- 10-part Audio Series (English) SICD or Spanish SISP-CD)
- Self-Instructional Video NP1SI-DVD

Topics included in the handbook, audio and video materials include:

- Nurturing Parenting
- Developing family morals, values, and rules
- Personal power
- Improving children's self-worth
- Praising children and their behavior
- Helping children get their needs met
- Handling anger and stress
- Problem solving, negotiation and compromise
- Why parents spank their children
- Discipline, rewards and punishment
- Choices and consequences
- Owning and communicating feelings
- Ignoring irritating behaviors
- Alcohol and substance abuse and parenting
- Sexuality, personal space, and respect

To Order the Self-Instructional Program

All items listed below are included in a complete program or sold separately.

Product	Code	Price	Total Price
1 Parent Handbook	NP1PHB	\$ 15.00	\$ 15.00
1 10-Part Audio CD English	SICD	\$ 15.00	\$ 15.00
Or Spanish	SISP-CD		
1 Instructional Video *	NP1SI-DVD	\$ 19.95	\$ 19.95
Total Program Price	NP1SI-KCD		\$ 49.95

A Seven-Session Parenting Program for Parents and Children Entering Kindergarten

Program Format

- Parents and children entering Kindergarten meet in separate groups for two hours, once weekly, for seven consecutive weeks.
- Parents learn about nurturing parenting skills and ways to encourage their children's success through good communication and life skills.
- Children learn comparable skills at age-appropriate levels through puppets, role-play, music, art activities and leader-led discussions.

Program Description

In seven sessions, families learn to:

- Establish discipline through family rules, rewards and alternatives to spanking and yelling.
- Praise themselves and their children.
- Express their anger and stress in healthy ways that do not hurt themselves and their children.
- Use their personal power to make healthy choices.
- Promote school success through relationships with teachers.
- Problem solve and negotiate.
- Recognize warning signs of drug use and how to create a drug-free home.

Manuals and DVDs include...

Implementation Manual

A comprehensive resource guide for the facilitator, covering overview of the philosophy, planning and preparation, and program implementation. ABCIMP

Activities Manual for Parents

Contains activities for conducting the parent sessions. Each professional needs a copy. ABCAMP

Activities Manual for Children

Activities for conducting the program for children. Activities are presented in 7 weekly sessions. Each professional needs a copy. ABCAMC

Parent Handbook

An informational guide for parents describing nurturing parenting techniques and weekly Home Practice Assignments. Each parent needs a copy. Available in English ABCPHB or Spanish ABC-SP-PHB

Red, White and Bruises

Guide that presents alternatives to spanking. RWB

Multi-Cultural Parenting Guide

Provides facilitators with a better understanding of the parenting practices of specific cultures and how to incorporate cultural traditions into the services you provide. MCG

ABC's of Parenting Video

Seven vignettes cover topics such as ages and stages, praise, developing empathy, helping children develop personal power and morals and values, rewards and punishments, and establishing family rules. ABCDVD

I'm Only Doing This For Your Own Good

Teaches parents alternatives to spanking and slapping their school-age children. *English or Spanish.* SPK2-DVD

This Hurts Me More Than It Hurts You

Teaches nurturing parenting techniques for challenging times with infants, toddlers, and preschoolers. SPK3-DVD

To Order the ABC's for Parenting Program

All items listed below are included in a complete program or sold separately.

Manuals	Code	Price Each	Total Price
1 Implementation Manual	ABCIMP	\$ 12.00	\$ 12.00
2 Activities Manual for Parents	ABCAMP	\$ 20.00	\$ 40.00
2 Activities Manual for Children	ABCAMC	\$ 20.00	\$ 40.00
15 Parent Handbooks (English or Spanish)	ABCPHB or ABCPHB-SP	\$ 15.00	\$225.00
Resource Materials			
1 Multicultural Parenting Guide	MCG	\$ 25.00	\$ 25.00
15 Red, White & Bruises Pamphlets	RWB	\$ 1.00	\$ 15.00
Parenting DVDs			
1 ABC's of Parenting Video	ABCDVD	\$140.00	\$140.00
1 I'm Only Doing This... video	SPK2DVD	\$ 84.95	\$ 84.95
1 This Hurts Me More... video	SPK3 DVD	\$ 84.95	\$ 84.95
Assessment and Evaluation			
1 AAPI-2 Online (60 administrations)	AOL-KIT	\$150.00	\$150.00
1 Program Evaluation Forms (pkg/120)	EF	\$ 12.00	\$ 12.00
Instructional Aids			
1 Feeling Faces (pkg/15)	FF	\$ 25.00	\$ 25.00
Certificates			
1 Parent's Certificates (pkg/20)	CERP	\$ 5.00	\$ 5.00
1 Children's Certificates (pkg/20)	CERC	\$ 5.00	\$ 5.00
1 Facilitator's Certificates (pkg/20)	CERF	\$ 5.00	\$ 5.00
Total Program Price	NP9		\$ 868.90

Alcohol, Anger & Abuse

Understanding the Relationship Between Alcohol and Other Drug Abuse, and Child Abuse and Neglect®

Stephen J. Bavolek, Ph.D.

This program explores understanding and preventing the relationship between alcohol and other drug abuse and child abuse and neglect, and how they are linked.

An innovative program for professionals and parents, this two-part series covers understanding, intervening and teaching nurturing skills to prevent the perpetuation of child abuse and neglect caused by alcohol and substance abuse.

Part One – Professionals

Alcohol and drug abuse are major contributors to child abuse and neglect. Because of this, persons treating substance abuse and addiction need the ability to recognize child abuse and neglect. Likewise, professionals in child abuse need to understand and recognize substance abuse.

This program covers the problems of child abuse and neglect caused by substance abuse and discusses appropriate interventions and treatments. It helps identify families with common patterns of alcohol and drug-related child abuse and family violence, is ideal for in-service, pre-service, and self-instructional training, is a great resource for professionals in social work, substance and child abuse treatment and prevention, mental and public health, education, and medicine.

Part One Manuals and DVDs Include...

Alcohol, Anger & Abuse AAA1DVD

A four-part, interactive DVD. Scenarios include:

Get Me Another Beer

Alcohol-Related Child Maltreatment

The Morning After

Alcohol-Related Domestic Violence and Child Neglect

Time to Snuggle

Alcohol-Related Child Sexual Abuse

Nighttime Tears and Fears

Alcohol-Related Emotional Child Abuse

Alcohol, Anger & Abuse Lesson Guide

This handbook identifies the characteristics of alcohol and drug abuse, child abuse and neglect; stresses recognition of drug abusing/child abuse families; and presents treatment and prevention strategies. AAA-LG

Part Two – Parents

Program

Five, 1 ½ hour parenting sessions. Children 12 years and older can also attend.

Purpose

To help families understand the impact alcohol and other drug abuse has on family functioning and parenting.

Part Two Manuals and DVDs include...

Parent Training Activities Manual

A guide for facilitators with program implementation and parent activities for the five-week parent program. AAAMP

Alcohol & Kids Don't Mix AAA2DVD

The five-part interactive presentation includes:

Babies and Booze Don't Mix

Preventing Fetal Alcohol Syndrome

Doing It Right

Modeling Appropriate Adult Drinking Behaviors

Uppers, Downers and Stress

The Abuse of Prescriptive Drugs

A Child's Point of View

A Child's Perception of an Adult Cocktail Party

Par-dee! Par-dee! Par-dee!

Teens and Parent Sanctioned Alcohol

To Order the Alcohol, Anger & Abuse Program

All items listed below are included in the complete program or sold separately.

Material	Code	Price Each	Total price
1 Alcohol, Anger & Abuse DVD	AAA1DVD	\$ 90.00	\$ 90.00
5 Alcohol, Anger & Abuse Lesson Guide	AAA-LG	\$ 20.00	\$100.00
To Order Part One Only		AAAP1	\$190.00
1 Alcohol & Kids Don't Mix DVD	AAA2DVD	\$ 95.00	\$ 95.00
2 Parent Training Activities Manual	AAAMP	\$ 20.00	\$ 40.00
To Order Part Two Only		AAAP2	\$135.00
To Order the Complete Program (Parts One and Two)		AAA*	\$325.00

Enhancing Nurturing Parenting Skills in African American Families®

Lessie Bass, D.S.W. & Deborah R. Moody

Many organizations have purchased parenting program after parenting program, only to have African-American parents tell them that each program was not relevant to the history and current life process for African Americans...

Enhancing Nurturing Parenting Skills in African American Families is a supplement to the Nurturing Parenting Program. This program guide teaches nurturing parenting with the understanding of African-American history, traditions, practices, and beliefs.

Program Description

- The manual presents a series of 1 ½ t 2 ½ hour sessions that are designed to be used as supplement to parent education programs. Activities can be used with home-based or group-based programs.
- Each session can be offered prior to the beginning of your parenting program, or offered during the program to enhance learning new parenting skills.
- The activities within the program help African-American parents increase their awareness of the historical aspects of Black America and how these aspects influence the parenting and child rearing practices of Black Parents.
- Children 12 and older can attend each session with their parents.
- Activities encourage participants to learn through discussion, role-play and art.

The manual is designed to be used in conjunction with other parenting programs. It is intended to be used by professional parent educators to enhance the concepts of nurturing parenting in African-American families by training the practices of nurturing parenting with the history, traditions, practices and beliefs of Black families.

Chapter 1 Introduction and Reflections of Truth

Chapter 2 Why the Need for This Program

Chapter 3 Overview and Implementation of the Program

Content Area One:

Difference and Its Place in America

Activities: Welcome and Warm-Up; Old Dreams; Yearning for a True Homeland; Definition of the Symbols; Closing Ceremony

Content Area Two:

Transcending Oppression and Teaching Dual Consciousness

Activities: Welcome and Warm-Up; Oppression send Negative Controlling Images; Teaching Dual Consciousness; Long-held Fears; Closing Ceremony

Content Area Three:

Spirituality and the Black Church

Activities: Welcome and Warm-Up; Bible and Self-Esteem; Closing Ceremony

Content Area Four:

Teaching Children Dual Consciousness

Activities: Welcome and Warm-Up; Two Different Worlds; Who We Are; Accommodationist vs. non-Accommodationist Philosophy; Closing Ceremony

To Order the Nurturing Parenting Skills for African Americans Program Supplement

Code: AAFM

Price \$19.95

"Nurturing God's Way" Parenting Program for Christian Families®

Sue Laney and Nancy McClure



This program is ideally suited for families who embrace the beliefs of Christianity and the practices of nurturing parenting.

Program Description

"Nurturing God's Way" Parenting Program for Christian Families® is based on Biblical principles in creating a family-based program to increase nurturing parenting skills. This cultural adaptation of the Nurturing Parenting Program® incorporates the basic philosophy of nurturing parenting, Biblical scriptures, and the need to rear children in a safe and trusting home where love and compassion mix with discipline to form healthy parent-child bonds. Individuals planning to be parents someday, teaching children in some capacity, and/or currently parenting, grand-parenting will benefit by participating in this program.

- Twenty-one 2 hour sessions meet one day a week for 21 consecutive weeks.
- Each session is Biblically based.
- Program focuses on the whole counsel of God.
- Attendee's learn why forgiveness and prayer are vital within a family, how morals are developed, what the Bible says about physical discipline, behavior management, and more.
- Children's component can be incorporated using other Nurturing Parenting Program curricula for the appropriate age group of the children involved in the program.
- Parents and facilitators alike report they have been on a spiritual retreat after participating in this program.

Program Materials Include...

Implementation Manual

A comprehensive resource guide for the facilitators. NGWIMP

Activities Manual for Parents

Activities for conducting group-based activities or individual workshops. Needed: 1 copy per facilitator. NGWAMP

Parenting Handbook

Used in a group setting or as an independent study. Needed: One copy per attendee. NGWPHB

Workshop Workbooks

The Parenting Handbook divided into individual parenting lessons. WW1-21

Session Evaluation and Prayer Concern Form Packet

Allows participants to provide immediate feedback to the facilitator after each session and provides participants an opportunity to share with the facilitator confidential prayer concerns they may have during the program. NGWEV

Self-Exam and Scoring Kit

Allows participants to see how much they have learned through the course of the program. NGWSEK

Ask It – Tell It Game (Christian Version)

A communication game - as a program activity. NGWASK

Visual Aid Packet

Designed for easy reproduction. NGWVA

Program Promotion CD

Templates and ideas for promoting "Nurturing God's Way"™, with direct mail postcards, church bulletin inserts, table-top display options, etc. NGWPRCD

To order "Nurturing God's Way"™

NOTE: Orders for NGW are filled by Nurturing Resources. Phone 1-888-649-7376; email info@nurturinggodsway.com or order online at www.nurturinggodsway.com.

Manuals	Code	Price Each	Total Price
1 Implementation Manual	NGWIMP	\$ 15.00	\$ 15.00
2 Activities Manual for Parents	NGWAMP	\$ 45.00	\$ 90.00
15 Parenting Handbooks	NGWPHB	\$ 25.00	\$375.00
Optional Parenting Workshop Workbooks	WW1-21	\$ 7.50	
Games			
2 Nurturing Game	NG	\$ 25.00	\$ 50.00
1 Ask It – Tell It Game (Christian Version)	NGWASK	\$ 15.00	\$ 15.00
Assessment and Evaluation			
1 Session Evaluation and Prayer Concern Forms (pkg/315)	NGWEV	\$ 30.00	\$ 30.00
1 Self-Exam Forms and Scoring Tool	NGWSEK	\$ 50.00	\$ 50.00
1 Pre Self-Exam (pkg/30)	NGWSEPR	\$ 10.00	\$ 10.00
1 Mid Self-Exam (pkg/30)	NGWSEM	\$ 10.00	\$ 10.00
1 Post Self-Exam (pkg/30)	NGWSEPO	\$ 10.00	\$ 10.00
Instructional Aids			
1 Stress Survival Kits(pkg/15)	NGWSK	\$ 30.00	\$ 30.00
1 Visual Aids (1 set)	NGWVA	\$ 15.00	\$ 15.00
Certificates			
1 Certificates/Participation (pkg/15)	NGWCEP	\$ 30.00	\$ 30.00
1 Certificates/Completion (pkg/15)	NGWCEC	\$ 30.00	\$ 30.00
Program Promotion			
1 PromotionalTools CD	NGWPRCD	\$ 10.00	\$ 10.00
4 Posters	NGWPOS	\$ 5.00	\$ 5.00
Total Discounted Program Price	NGWFULL		\$735.00

Approved facilitators receive a lifelong 2% discount on all program materials.

Nurturing Program for Parents and Their Children with Health Challenges™

Michele Tryon BS, CCLS and Donna LaTour-Elefante BS, BA

Program Description – Group Based but can be adapted to Home Based

- Eight 2 hour sessions meet one day a week for 8 weeks.
- Parents and children meet concurrently in two separate groups.
- Two facilitators run parents' group; two facilitators run the children's group.
- Parents and children engage in a 30-minute Nurturing Time (Program Family Time) with games, songs, snacks and more.
- Designed for School-Age children but can be modified

Methods – Adults

Group Work: Brainstorming, Role-play, Suggestion circle.

Experiential Learning Activities: Art Activities, Visualization, Internal review.

Family Time: Program and Home: Snack, Sharing Weekly activity, Family Home Practice Assignment.

Home Practice Assignments and Review
Parent Handbook – Worksheets, Reading.

Session Topics - Adults

Orientation; Assessing Parenting Strengths; Parenting; Family Structure; Grief and Loss; Personal Power and Independence; Discipline; Health and Healing; Feelings and Needs; Communication and Stress; Closure and Celebration

Methods – Children

Social/Emotional: Expressive and Dramatic Play – Puppets, Story time, Cooperative Play – Hello Time, Circle Time

Physical: Sensory Stimulation – Art Activities, Visualizations, Large and Small Motor Activities – Games, Relays, Art Projects, * Brain Gym – PACE Tune-up

Cognitive: Assimilation and accommodation of new information related to health care, grief and loss concerns – Circle time

Creative: Art activities, Music – Song and Dance

Session Topics - Children

Orientation: Me and My Family; Feelings; Understanding Change; Praise and Self-Esteem; Personal Power & Independence; Hope and Healing; Understanding and Expressing Anger; Expressing Worry and Stress; Saying Good-Bye; Celebration

Manuals & DVDs Include...

Implementation Manual

A comprehensive resource guide for the facilitator, covering overview of the philosophy, planning and preparation, and program implementation. NPIMP

Activities Manual for Parents-Group

Contains activities for conducting the program in a group setting. HCAMP

Parent Handbook

An informational guide for parents describing numerous nurturing parenting techniques and weekly Home Practice Assignments. Each parent participating in the program needs a Handbook. HCPHB

Activities Manual for Children – Group

This manual contains activities for children with health challenges and their siblings who are participating in the program. (Designed for school age children – but can be easily adapted to fit the needs of younger or older children). Each professional should have their own copy. HCAMC

Nurturing Touch: Introduction to the Art of Infant Massage

(Optional - Used as a model for massage with children of all ages to promote comfort and decrease pain related to illness and/or medical procedures)

20-minute instructional DVD describing benefits of massaging infants with easy-to-use strokes on the back and legs. IFM-SDVD

To Order the Children with Health Challenges Program

All items listed below are included in a complete program or sold separately.

Manuals	Code	Price Each	Total Price
1 Implementation Manual	NPIMP	\$ 30.00	\$ 30.00
2 Activities Manual for Parents	HCAMP	\$ 25.00	\$ 50.00
2 Activities Manual for Children	HCAMC	\$ 25.00	\$ 50.00
10 Parent Handbooks	HCPHB	\$ 15.00	\$150.00

Resource Materials

1 Multicultural Parenting Guide	MCG	\$ 25.00	\$ 25.00
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Parenting DVDs and infant massage manual – (optional)

10 Infant Massage Handbooks <i>English</i>	IFM-H	\$ 6.00	\$ 60.00
<i>or Spanish</i>	IFM-SPH		
1 Intro to the Art of Infant Massage	IFM-SDVD	\$ 24.95	\$ 24.95

Games

2 Nurturing Game	NG	\$ 25.00	\$ 50.00
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Assessment and Evaluation

1 AAPI-2 Online (60 administrations)	AOL-KIT	\$150.00	\$ 150.00
1 Nurturing Quiz (pkg/40)	NQ1	\$ 25.00	\$ 25.00
1 Family Social History Quest. (pkg/40)	FSHQ	\$ 25.00	\$ 25.00
2 Program Evaluation Forms (pkg/120)	EF	\$ 12.00	\$ 24.00
2 Family Logs (pkg/120)	FL	\$ 12.00	\$ 24.00

Certificates

1 Parent's Certificates (pkg/20)	CERP	\$ 5.00	\$ 5.00
1 Children's Certificates (pkg/20)	CERC	\$ 5.00	\$ 5.00
1 Facilitator's Certificates (pkg/20)	CERF	\$ 5.00	\$ 5.00
1 Volunteers Certificates (pkg/20)	CERV	\$ 5.00	\$ 5.00

Total Program Price	NPHC		\$707.95
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Nurturing Skills for Families

Create a Competency Based Nurturing Parenting Program to meet the Specific Parenting Needs of Families

Ideal for use in:

- Short-term Intensive Home Visitation Programs
 - Long-term home-based programs like Healthy Families, Healthy Start, Head Start, & Even Start
 - Parent Education Programs and Workshops
 - High School & College Child Development Classes
 - Continuing Education Trainings
- **80 Nurturing Parenting Skill Lessons** to choose from to create a parenting program for families that meets their specific needs.
 - **Competency-based** instruction helps parents learn the basic skills of Nurturing Parenting, a proven evidenced based program.
 - **Instructional lessons run 60 to 90 minutes** that can be taught in group-based programs, home-based programs, or a combination group and home-based program.
 - The **Adult-Adolescent Parenting Inventory (AAPI-2)** and the **Nurturing Skills Competency Scale (NSCS)** are built in assessment tools to assess parenting beliefs, knowledge and skills.
 - Measure the impact of the program with **pre, post and process assessment** tools.
 - The **Family Nurturing Plan (FNP)** promotes a partnership between parents and professionals to work together in creating a parenting program that meets the specific needs of the family.
 - Parents need to demonstrate competence in the **Core Lessons** that form the foundation of Nurturing Parenting.
 - **Increase parental commitment** in attending and participating in learning nurturing parenting beliefs, knowledge and skills.

**80 Lessons presented
in 15 Nurturing Parenting Skill Areas**

**Specific Lessons for Prenatal Parents,
Foster and Adoptive Families,
and Parents with Special Learning Needs**

Parent Handbook

Up-to-date information in an easy to read format for parents and parent educators. *This is also an IDEAL book for any parent to use on their own to help build a healthy, happy family.*

Easy Reader Parent Handbook

The Easy Reader Parent Handbook was developed to make Nurturing Parenting easy for parents and practitioners to understand and practice. There are 37 chapters which present the concepts and techniques of Nurturing Parenting in a step-by-step format utilizing drawings of parents and children. The drawings serve as a visual stimulus to help parents remember how to use the skill. Minimal words are used when possible.

Lesson Guide for Parents

One: Getting Started and Assessment

Welcome; Hopes & Fears; Orientation; Assessing Parenting Strengths; Change, Growth & Letting Go; About Me; My Life Script

Two: Nurturing Parenting

Nurturing as a Lifestyle; Nurturing Parenting

Three: Cultural Parenting Traditions

A Celebration of Culture; My Cultural Values; Cultural Parenting Practices

Four: Developing Spirituality in Parenting

Spirituality and Family; Ways to Increase Spirituality; Spirituality and Culture; Nurturing Parenting Builds Spirituality

Five: Making Good Choices

Smoking and My Child's Health; Families and Alcohol; Keeping Kids Drug Free; Our Bodies and Sex; Love, Sex, STDs and AIDS; Dating, Love and Rejection, Touch, Personal Space and Date Rape, Possessive and Violent Relationships

Six: Growth and Development of Children

Children's Brain Development; The Male & Female Brain; Expectations and Development of Children; Ages and Stages: Infant Development; Ages and Stages: Toddler Development; Ages and Stages: Preschooler Development; Skill Strips and Review; Nutrition and Mealtime; Toilet Training; Keeping Children Safe

Seven The Importance of Touch

The Importance of Parent/Child Touch; Infant and Child Massage; Body Map: Examining Touch History

Eight: Developing Empathy

Developing Empathy; Parents' and Children's Needs; Spoiling Your Children

Nine: Managing and Communicating Feelings

Recognizing and Understanding Feelings; Helping Children Learn to Handle Their Feelings; Criticism and Confrontation; Problem Solving, Decision Making, Negotiation and Compromise

Ten: Managing Anger and Stress

Understanding and Handling Stress; Understanding and Expressing Anger; Stress Relaxation: Sanctuary; Stress Relaxation: Blue Light

Eleven: Understanding Discipline

Improving Self-Worth; Building Personal Power; Power Struggles; Helping Children Manage Their Behavior; Understanding Discipline; Developing Family Morals and Values; Developing Family Rules; Child Proofing Your Home

Twelve: Rewards and Punishments

Rewarding Children and Their Behavior; Punishing Children's Behavior; Praising Children and Their Behavior; Time-Out

Nurturing Skills for Families™

Stephen J. Bavolek, Ph.D.

Thirteen: Alternatives to Spanking

Why Parents Spank Their Children; Alternatives to Spanking; Verbal & Physical Redirection; Ignoring Inappropriate Behavior

Fourteen: Establishing Nurturing Parenting Routines

Establishing Nurturing Parenting Routines; Establishing a Nurturing Diapering and Dressing Routine; Establishing a Nurturing Feeding Time Routine; Establishing a Nurturing Bath Time Routine; Establishing a Nurturing Bed Time Routine

Fifteen: Celebration and Assessment

Closing Ceremony

Sixteen: Prenatal Parents

Being Pregnant; Changes in Me and You; Body Image; Keeping Our Bodies and Babies Healthy; Health and Nutrition; Fetal Development and Fears

Seventeen: Foster & Adoptive Parents

"Conceiving" Foster or Adoptive Children; Being a Foster or Adoptive Parent; Bonding with Foster and Adoptive Children; Attachment, Separation and Loss; Integrating Children into a Family; Expectations on Foster and Adopted Children; Setting Up Parent Visitations

Eighteen: Working with Developmentally Disabled and Special Needs Parents

Assessment Inventories

Parenting Inventory (AAPI-2)

Online Version. Two 40-item inventories (Forms A & B) designed to assess the parenting and child rearing attitudes of adult and teen parents. (60 administrations)

Nurturing Skills Competency Scale

The NSCS is a comprehensive criterion-referenced inventory designed to assess family characteristics, functioning and history, along with knowledge and frequency of use of Nurturing Parenting practices. The NSCS provides important information that research studies indicate correlates highly with family violence and dysfunction. *Package 50)*

Family Nurturing Plan

Parent educators and parents work together in creating a parenting program. Using the information generated from the pre assessments, a Family Nurturing Plan is developed as a joint effort thereby increasing the parents' commitment and participation. The post assessments are designed to ensure parents have learned the skills and are using them.

DVD Series

Nurturing Parenting DVD for Parents of Infants, Toddlers and Preschoolers (20-Part DVD Series)

Nurturing Parenting Philosophy; Developmental States and Expectations of Children; Developing Empathy; Personal Power; Establishing Discipline, Morals, Values and Family Rules; Understanding and Using Rewards and Punishments; Establishing Nurturing Parenting Routines for Eating, Dressing, Bedtime and Tubby Time; and Teaching Appropriate Children the Dangers of Drugs and Alcohol. NP2DVD

Nurturing Parenting DVD for Parents of School-Age Children (10 part DVD Series)

Nurturing Parenting/Family Morals, Values & Rules; Praising Children and Their Behavior/Discipline, Rewards and

Punishment; Personal Power/Why Parents Spank Their Children; Choices and Consequences/Owning and Communicating Feelings; Ignoring Irritating Behavior/Drinking and Parenting Don't Mix. NP1DVD

Nurturing Touch: Intro to the Art of Infant Massage

20-minute instructional DVD describing benefits of massaging infants with easy-to-use strokes on the back and legs. English/Spanish Handbook. IFM-SDVD

Alternatives to Spanking Series:

I'm Only Doing This For Your Own Good (40 minutes)

Teaches parents alternatives to hitting, shaking and spanking babies, toddlers, and preschoolers. SPK2DVD

Red, White and Bruises (15 minutes)

Parents understand why spanking is a dangerous parenting practice to use. SPK1DVD

This Hurts Me More Than It Hurts You (40 minutes)

A three-part interactive DVD teaching parents alternatives to spanking and slapping their school-age children. SPK3DVD

Spare the Rod, Spoil the Child (15 minutes)

Teaches parenting techniques and attitudes that work more effectively than corporal punishment in promoting healthy, desirable behaviors in children. SPK5DVD

My Way or the Highway (16 minutes)

Teaches parents and teenagers alternatives to hitting, yelling and name-calling. SPK4DVD

To Order the Nurturing Skills for Families Program

All items are included in a complete program and sold separately.

	Code	Each	Total
Manuals			
1 Lesson Guide for Parents	NSFLGP	\$ 25.00	\$ 25.00
1 Lesson Guide for Children	NSFLGC	\$ 25.00	\$ 25.00
15 Parent Handbooks	NSFPBH	\$ 15.00	\$225.00
OR			
15 Easy Reader Parent Handbooks (4 th grade reading level)	NPER	\$ 15.00	\$225.00
15 Nurturing Books for Babies and Children	NBBC	\$ 15.00	\$225.00
Assessments			
1 Family Nurturing Plan (CD)	FNPCD	\$ 50.00	\$ 50.00
1 Nurturing Skills Competency Scale	NSF-NSCS	\$ 50.00	\$ 50.00
1 AAPI Online (60 administrations)	AOL-KIT	\$150.00	\$150.00
DVDs			
1 Parenting DVDs for Infants, Toddlers, and Preschoolers	NP2DVD	\$385.00	\$385.00
1 Parenting DVDs for School-Age Children	NP1DVD	\$375.00	\$375.00
1 Alternatives to Spanking Series	SPK-DVD	\$275.00	\$275.00
1 Nurturing Touch Into to the Art Of Infant Massage	IFM-S	\$ 24.95	\$ 24.95
Resource Materials			
1 Nurturing Game	NG	\$ 25.00	\$ 25.00
1 Dynamic Doer Card Game	DD	\$ 10.00	\$ 10.00
2 Ask It-Tell It Game	ASK	\$ 10.00	\$ 20.00
1 Scary Touch Dolls	SD	\$ 10.00	\$ 10.00
1 Our Bodies (3-7 years)	OB2	\$ 15.00	\$ 15.00
1 Set of Nurturing Coloring Books	CB	\$ 25.00	\$ 25.00
1 Visualization CD	V-CD	\$ 10.00	\$ 10.00
Total Kit Price	NP-NSF		\$1,924.95

Nurturing Skills for Teen Parents

Stephen J. Bavolek, Ph.D.

Nurturing Skills for Teen Parents

59 lessons taken from the internationally recognized and validated NURTURING PARENTING PROGRAMS® are assembled in one Lesson Guide. Professionals teach parents of young children (birth – 5 years) and school-aged children (5 to 12 years) ways to improve their parenting skills.

The 59 individual Lessons are presented in 16 different Skill Areas known to represent the range of appropriate parenting and child rearing practices.

Each Lesson presents easy to follow, step-by-step instructions to teach the skills to the parents appropriate for the age level of their children. Skill Areas and Lessons can be taught in any sequence you choose based on the needs of the family.

Ideal for use in:

- Short-term Intensive Home Visitation Programs
- Long-term home-based programs like Healthy Families, Healthy Start, Head Start, & Even Start
- Parent Education Programs and Workshops
- High School & College Child Development Classes
- Continuing Education Trainings

Lesson Guide for Professionals

Step-by-step instructions for conducting each Lesson.

Parent Handbook

Up-to-date information in an easy to read format for parents and parent educators. *This is also an IDEAL book for any parent to use on their own to help build a healthy, happy family.*

Optional Instructional Materials

Optional materials are not required to teach the lessons, but greatly enhance the learning outcomes and quality of instruction.

Adult-Adolescent Parenting Inventory (AAPI-2)

Online Version: Two 40-item inventories (Form A and Form B) designed to assess the parenting and child rearing attitudes of adult and teen parents. (60 administrations.)

Nurturing Quiz

An informal inventory designed to assess the knowledge parents have of appropriate parenting practices. Two forms are available: one for parenting young children (birth – five years) and one for older school-age children (5 to 12 years).

Family Social History Questionnaire

Provides information regarding the parent's personal background, childhood experiences and family demographics.

DVD Series

When DVDs are used with the Lesson Guide they greatly enhance the parents' learning process. All DVDs in this program are from the award-winning DVD presentations developed for the Nurturing Parenting Programs.

Lesson Guide for Professionals

Getting Started and Assessment Goals

Lessons: Welcome, Hopes & Fears, Orientation, Assessing Parenting Strengths

Nurturing Parenting Philosophy

Lessons: Nurturing Parenting, Nurturing as a Lifestyle

Being a Teen Parent

Lessons: Being a Teen Parent, Smoking & My Child's Health, Alcohol & Drugs

Being a Teenager

Lessons: Dating, Love & Rejection, Bodies, Sex & Birth Control, Love, Sex, STDs & AIDS, Peer Pressure, Touch, Personal Space & Date Rape, Possessive & Violent Relationships, Families & Alcohol Use

Growth and Development of Children

Lessons: Children's Brain Development. The Male & Female Brain, Expectations & Development of Children, Ages & Stages: Infant, Toddler, Preschooler Development, Skill Strips and Review, Nutrition & Mealtime, Toilet Training

The Importance of Touch

Lessons: The Importance of Parent/Child Touch, Infant & Child Massage, Body Map: Examining Touch History

Developing Empathy

Lessons: Developing Empathy, Parents' and Children's Needs, Spoiling Your Children

Managing and Expressing Feelings

Lessons: Recognizing and Understanding Feelings, Helping Children Learn to Handle Their Feelings, Understanding and Handling Stress, Understanding and Expressing Anger, Sanctuary & Blue Light Relaxations

Understanding Discipline

Lessons: Helping Children Manage Their Behavior, Understanding Discipline, Developing Family Morals & Values, Developing Family Rules, Child Proofing Your Home

Rewarding Children's Appropriate Behavior

Lessons: Giving and Receiving Praise, Rewarding Children & Their Behavior

Punishing Children's Inappropriate Behavior

Lessons: Punishing Children's Behavior, Time-Out

Alternatives to Spanking

Lessons: Why Parents Hit Their Children, Verbal & Physical Direction, Ignoring Inappropriate Behaviors, Alternatives to Spanking

Developing Nurturing Routines

Lessons: Establishing Nurturing Parenting Routines: Diapering & Dressing, Feeding Time, Bath Time, Bed Time

Building Self-Worth & Personal Power in Children

Lessons: Improving Self-Worth, Building Personal Power, Power Struggles

Communication Skills

Lessons: Criticism & Confrontation, Problem Solving, Decision Making, Negotiation & Compromise

Self-Awareness & Improvement

Lessons: About Me, Make-Up, Skin Care, Hair Care

Nurturing Skills for Teen Parents

Stephen J. Bavolek, Ph.D.

Parent Handbook

Ideal for Teen Parents with Children Birth to 5 Years

Philosophy of Nurturing Parenting

Nurturing Parenting Philosophy, Nurturing as a Lifestyle

Being a Teen Parent

Being a Teen Parent, Memories of Childhood, Smoking & My Child's Health, Alcohol & Drugs: Keeping Your Children Drug Free

Being a Teenager – Making Good Choices

Dating, Love & Rejection, Bodies, Sex & Birth Control, Love, Sex, STDs & AIDS, Touch, Personal Space & Date Rape, Possessive & Violent Relationships, Families & Alcohol Use

Growth and Development of Children

Children's Brain Development, The Male & Female Brain, Expectations & Development of Children, Ages & Stages: Infant, Toddler, Preschooler Development, Skill Strips & Review, Nutrition & Mealtime, Toilet Training

The Importance of Touch

The Importance of Parent/Child Touch, Infant & Child Massage

Developing Empathy

Developing Empathy, Parents & Children's Needs, Myths and Facts About Spoiling Your Children

Managing and Expressing Feelings

Recognizing & Understanding Feelings, Helping Children Learn to Handle Their Feelings, Understanding & Handling Stress, Understanding & Expressing Anger

Understanding Discipline

Helping Children Manage Their Behavior, Understanding Discipline, Developing Family Morals & Values, Developing Family Rules, Child Proofing Your Home, Driving With Your Children, Home Safety Checklist, Safety Reminders by Age

Rewarding Children's Appropriate Behavior

Praising Children & Their Behavior, Using Rewards to Guide & Teach Children

Punishing Children's Inappropriate Behavior

Using Punishments to Guide & Teach Children, Time-Out

Alternatives to Spanking

Why Parents Hit Their Children, Verbal & Physical Direction, Ignoring Inappropriate Behaviors

Developing Nurturing Parenting Routines

Establishing Nurturing Parenting Routines - Diapering and Dressing, Feeding Time, Bath Time, Bed Time

Building Self-Worth and Personal Power

Building Self-Worth, Building Personal Power in Children

Communication Skills

Criticism, Confrontation & Rules for Fair Fighting, Problem Solving, Decision Making, Negotiation & Compromise

DVD Series

Nurturing Touch DVDs for Teen Parents

(23-Part Series)

Topics: Philosophy of Nurturing Parenting; Appropriate Expectations of Children; Growth and Development of Infants, Toddlers & Preschoolers; Developing Empathy; Personal Power; Setting Boundaries and Limits; Helping Children Develop Morals & Values;

Family Rules; Rewards & Punishments; Time-Out; Verbal & Physical Redirection; Establishing Nurturing Parenting Routines for Diapering & Dressing, Feeding Time, Bath Time and Bed Time; Drinking and Parenting Don't Mix; Everyone's Not Doing It; Saying No & Walking Cool. NP4DVD

Easy Reader Parent Handbook

The Easy Reader Parent Handbook was developed to make Nurturing Parenting easy for parents and practitioners to understand and practice. There are 37 chapters which present the concepts and techniques of Nurturing Parenting in a step-by-step format utilizing drawings of parents and children. The drawings serve as a visual stimulus to help parents remember how to use the skill. Minimal words are used when possible.

Nurturing Touch: Introduction to the Art of Infant Massage

20-minute instructional DVD describing benefits of massaging infants with easy-to-use strokes on the back and legs. English/Spanish Handbook. IFM-SDVD

Alternatives to Spanking:

I'm Only Doing This For Your Own Good (40 minutes)

A five-part interactive DVD teaching parents alternatives to hitting, shaking and spanking babies, toddlers, and preschoolers. SPK2DVD

Red, White and Bruises (15 minutes)

Red, White & Bruises helps parents understand why spanking is a dangerous parenting practice to use. Parents learn very practical and proven ways to help create a happy and healthy home. SPK1DVD

This Hurts Me More Than It Hurts You

(40 minutes)

A three-part interactive DVD teaching parents alternatives to spanking and slapping their school-age children. Situations include: dealing with sibling rivalry, helping parents manage their stress and anger, and strategies for responding to children who talk back and show disrespect. SPK3DVD

To Order the Nurturing Skills for Teen Parents Program

All items are included in a complete program and sold separately.

	Code	Each	Total
1 Lesson Guide for Parents	NSTLGP	\$ 25.00	\$ 25.00
15 Parent Handbooks	NSTPHB	\$ 15.00	\$225.00
or			
15 Easy Reader Parent Handbooks (4 th grade reading level)	NPER	\$ 15.00	\$225.00
1 AAPI Online (60 administrations)	AOL-KIT	\$150.00	\$150.00
1 Nurturing Parenting for Teen Parents and Their Children series	NP4DVD	\$425.00	\$425.00
1 Red, White and Bruises DVD	SPK1DVD	\$ 39.95	\$ 39.95
1 I'm Only Doing This for Your Own Good DVD	SPK2DVD	\$ 84.95	\$ 84.95
1 This Hurts Me More Than It Hurts You DVD	SPK3DVD	\$ 84.95	\$ 84.95
1 Nurturing Touch Into to the Art of Infant Massage DVD	IFM-SDVD	\$ 24.95	\$ 24.95
1 Nurturing Quiz for Teen Parents	NQ4	\$ 25.00	\$ 25.00
1 Family Social History Questionnaire	FSHQ	\$ 25.00	\$ 25.00
Total Kit Price	NSFTP	\$1,109.80	

Nurturing Program for Military Families™

Stephen J. Bavolek, Ph.D.

Nurturing America's Military Families is a Nurturing Skills Parenting Program specifically designed to improve the nurturing parenting skills of parents in the military with children ages birth to 11 years old.

Parents and Parent Educators work cooperatively in tailor making parenting programs that meet the assessed needs of the families. The flexibility in the structure of the Lesson Guide makes it possible for parent educators to meet the demands military families face in short notice deployments, long term deployments, changes in schedules, relocation to other bases.

- The Lesson Guide for Parents contains 78 individual lessons in parenting, and family life in the military.
- Each lesson can be taught in a home based setting, or in a group based setting.
- The length of each lesson is approximately 60 to 90 minutes, depending if the lesson is offered one-to-one in a home based setting, or in a group based setting with multiple families.
- Lessons are presented in 15 Skill Areas which target specific skills: discipline, brain development, building a sense of caring, etc.
- Lessons are also presented in the five parenting constructs that represent the subscales of the Adult-Adolescent Parenting Inventory (AAPI-2): Developmental Expectations; Empathy; Alternatives to Corporal Punishment; reversing Family Roles; and Oppressing Children's Power and Independence.
- Parents complete the AAPI-2 and the Nurturing Skills Competency Scale (NSCS) to measure changes in knowledge, beliefs, and behavior.
- Based on the pretest data, parents and parent educators create a Family Nurturing Plan (FNP) that tailors lesson to meet the specific parenting needs of the families.
- The FNP allows military families the flexibility of continuing their lessons in other locations resulting from deployment to other bases.
- Weekly Home Practice Assignments help parents develop the nurturing parenting competencies.

A big part of being active duty is the chance of long term deployment during war and training times, post deployment issues, loss of life or limbs, issues of separation and the stresses of military life in general brings to families. Lessons in the program guide parent educators to assist families in dealing with these issues, as well as issues of culture, spirituality and staying connected as couples and families.

Program Instructional Materials

- **Lesson Guide for Parents.** The Lesson Guide is the basic curriculum for the parents program. It offers 71 individual lessons located within 14 major Nurturing Parenting Skills Sections. People facilitating the Parent Program need to have their own copy.
- **Parent Handbook.** The Parent Handbook serves both as class text and workbook. Each parent/family is to receive their own copy and is requested to bring their Handbook to every class. Teachers should also have their own copies of the Parent Handbook for reference.
- **Nurturing Book for Babies and Children.** The NBBC is a user-friendly manual that provides parents with instruction in infant massage as well as activities parents can do at home to build the growth and development of their children. Each parent/family is to receive their own copy and to use it as a resource.
- **Instructional DVD for Nurturing Parenting for Infants, Toddlers and Preschoolers.** The DVD contains 20 separate programs that correspond to some of the lessons being offered in the Lesson Guide.
- **Alternatives to Spanking DVD Series.** Instructional segments include: Red, White & Bruises; I'm Only Doing This For Your Own Good; This Hurts Me More Than It Hurts You; My Way or the Highway; and Spare the Rod, Spoil The Child.
- **Assessment Inventories.** Each parent completes the Adult-Adolescent Parenting Inventory (AAPI-2), the Family Nurturing Plan, and the Nurturing Skills Competency Scale (*Package 50*).

To Order the Nurturing Skills for Military Families Program

All items are included in a complete program and sold separately.

	Code	Each	Total
1 Lesson Guide for Parents	MILLGP	\$ 25.00	\$ 25.00
15 Parent Handbooks	MILPHB	\$ 15.00	\$225.00
1 Family Nurturing Plan (unlimited use CD)	MIL-FNPCD	\$ 50.00	\$ 50.00
1 Nurturing Books for Babies and Children	NBBC	\$ 15.00	\$ 15.00
1 Nurturing Skills Competency Scale	MIL-NSCS	\$ 50.00	\$ 50.00
1 AAPI Online (60 administrations)	AOL-KIT	\$ 150.00	\$ 150.00
1 Parenting DVDs for Infants, Toddlers, and Preschoolers	NP2DVD	\$385.00	\$385.00
1 Parenting DVDs for School-Age Children	NP1DVD	\$375.00	\$375.00
1 Alternatives to Spanking Series	SPK-DVD	\$275.00	\$275.00
1 Nurturing Touch Into to the Art Of Infant Massage	IFM-S	\$ 24.95	\$ 24.95
1 Visualization CD	V-CD	\$ 10.00	\$ 10.00

Total Program Price	NP-MIL	\$1,584.95
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Family Nurturing Camp™

Lucille Tyler, LCSW-C

Family Nurturing Camp is a structured therapeutic weekend camp experience designed to help families build caring, positive family life interaction patterns.

Family Nurturing Camp is an ideal supplement to parenting education programs for families experiencing or at high risk for child abuse and neglect. It is also appropriate for families who are at risk for foster care placement or returning from out-of-home placement.

The *Family Nurturing Camp* is a structured program, based on multiple components that include psycho-educational groups, family based intervention, and therapeutic recreational and art activities to address the specific issues that affect children at risk for maltreatment. This weekend program focuses on strengthening and preserving families as well as providing family respite care.

During the camp weekend, separate therapeutic nurturing groups are provided for parents, adolescents (13 years and up), youth (7-12 years), and young children (4-6 years).

Nurturing group topics include...

- Empathy
- Behavior management techniques
- Family rules
- Identifying feelings
- Praise for being and doing
- Strengths of children
- Self-awareness
- Getting your needs met
- Self-awareness, and more...

Recreational activities include...

- Family crafts
- Sports
- Hay rides
- High ropes challenge courses
- Canoeing
- Nature hikes
- Singing around the campfire

The combination of the intense weekend experiences of the "*Nurturing Parenting Program*" and the fun and safety of the camp experience has proven to be a powerful therapeutic intervention in the lives of families struggling to learn how to be together and interact positively.

Camp Schedule

Friday Evening (6:00 p.m. – 11:00 p.m.)

Welcome and orientation, dinner, separate group activities for adults, adolescents, youth and young children and family together time

Saturday Morning (8:30 a.m. to 12:30 p.m.)

Breakfast and separate group activities for adults, adolescents, youth and young children

Saturday Afternoon (12:30 p.m. – 5:30 p.m.)

Lunch, family recreational activities, separate group activities for adults, adolescents, youth and young children

Evening Activities (5:30 p.m. – 11:00 p.m.)

Dinner, family activities, and a dance

Sunday Morning (8:30 a.m. – 1:00)

Breakfast, family recreational activities, separate group activities for adults, adolescents, youth and young children, lunch, farewell activity

Funding

A grant budget would include rental of the facility, food, stipends for staff, payment for high ropes or low ropes challenge course activities, art supplies, photo development, and transportation. In a fee for service model, payment on a per participant basis would be made directly to the camp facility by the local department of social services, juvenile justice, or through respite care services. Actual costs depend on multiple variables such as number of participants, retail cost of the facility, the number of volunteers, and donated resources.

To Order the Family Nurturing Camp Manual

Code	Item	Price
FNC	Family Nurturing Camp Manual	\$45.00

Nurturing Program for Families in Substance Abuse Treatment and Recovery®

Jane Moore, M.S.W., LICSW, Barbara Buchan, Ed.D., Norma Finkelstein, Ph.D., LICSW, Katharine E. Thomas, B.A.

The Nurturing Parenting Program for Families in Substance Abuse Treatment and Recovery is a new psycho-educational, group-based program that assists parents in strengthening their own recovery, facilitating recovery within their families, and building a nurturing family lifestyle.

Philosophy of the Program

A central goal of this program is to nurture parents, thus enhancing parents' ability to nurture their children.

To enhance the richness of the experiences of nurturing and recovery, this program focuses on parenting as a relationship, characterized by mutuality, authenticity, and empathy.

Program Format

- Each 1 ½ hour session begins with information from the facilitator about the topic and the group process. The group meets for eighteen consecutive weeks.
- Goals, objectives, materials and preparation needed are listed for each session.
- Activities and exercises are designed to promote a high level of group participation and interaction.
- Each session ends with a wrap-up activity.

Who Should Participate?

- Adults in treatment and/or recovery for substance abuse problems and who are in parenting relationships with children.
- Partners of parenting adults in treatment and recovery.
- Extended family members who may be parenting children of substance abusing adults.
- Participants need not have children in order to benefit from this program.

Program Benefits

- Parents develop self-awareness and build nurturing skills using a variety of techniques and activities that accommodate different learning styles.
- Parents explore their childhood experiences, their fears, and their strengths.
- Parents explore effects of substance abuse on themselves and their families, and strengthen their recovery.
- Parents explore their own process of development as adults in recovery, and examine the parallels and differences in the development of their children.

Manuals and DVDs include...

Activities Manual for Parents

Contains information for the group facilitator to run the weekly sessions. NP11AMP

Family Activities Manual

A handbook for parents that includes clear information to have fun, reconnect with their children, and learn nurturing skills. A bibliography and guide to selecting activities is included. NP11FAM

This Hurts Me More Than It Hurts You DVD

Teaches parents alternatives to spanking and slapping their school-age children. Situations include: dealing with sibling rivalry, helping parents manage their stress and anger, and strategies for responding to children who talk back and show disrespect. SPK3-DVD

To Order the

Substance Abuse Treatment and Recovery Program

All items listed below are included in the complete program or sold separately.

Manual	Code	Price Each	Total Price
2 Activities Manual for Parents	NP11AMP	\$ 35.00	\$ 70.00
10 Family Activities Manual	NP11FAM	\$ 13.00	\$130.00
1 AAPI-2 Online (60 Administrations)	AOL-KIT	\$150.00	\$150.00
1 This Hurts Me More Than It Hurts You	SPK3DVD	\$ 84.95	\$ 84.95
Total Program Price	NP11		\$434.95

Nurturing Parenting Program for Hmong Parents and Adolescents®

Stephen J. Bavolek, Ph.D., Howard Himes, M.S.W., Pao Ly



A program developed by and for Hmong Families living in the U.S.

Manuals and DVDs Include...

Implementation Manual

A comprehensive resource guide for the facilitator, covering the philosophy, planning and preparation, and implementation. NP10IMP

Activities Manual for Parents

Contains activities for conducting the program in a group setting. Each activity is detailed with goals, objectives and procedures. NP10AMP

Activities Manual for Adolescents

Contains activities for conducting the program in a group setting. Each activity is detailed with goals, objectives and procedures. NP10AMA

Topics in the Activities Manuals Include: Living in Laos and the U.S.; Understanding Ourselves, About Me, My Childhood and Family; Do You Know Your Family?; Recognizing and Understanding Feelings; Praise and Family Feelings; Recognizing and Expressing Anger; Adolescent Needs; Meeting Our Needs; Peer Pressure; Expectations and Roles; Personal Power, Empowerment and Negotiation; Discipline and Personal Power; Dating, Love and Rejection; Preventing Pregnancy; Family Rules and Consequences; Anatomy, Sex, AIDS, and Values; AIDS and HIV Virus; It's Tough Being a Teen; Adolescent Problems; Families and Chemicals; U.S. Laws and Agencies.

Parent Handbook

An informational guide for parents describing nurturing parenting techniques and weekly Home Practice Assignments. Each parent needs his or her own handbook. In *Hmong*. NP10PHB

Adolescent Handbook

An informational guide for adolescents describing nurturing parenting techniques and weekly Home Practice Assignments. Each adolescent needs his or her own handbook. In *English*. NP10AHB

DVD

10-minute scenarios spoken in Hmong by Hmong actors/actresses. Topics include: Adjusting to the U.S.; Learning to praise; Family Rules; Negotiation & Compromise; Feelings; Nurturing Ways to Handle Anger; Self-Esteem and Self-Concept; Being a teenager in the U.S.; and Discipline, Rewards, Punishment. DVD10

To Order the Hmong Program

All items listed below are included in the complete program or sold separately.

Manuals	Code	Price Each	Total Price
1 Implementation Manual	NP10IMP	\$ 12.00	\$ 12.00
2 Activities Manual for Parents	NP10AMP	\$ 25.00	\$ 50.00
2 Activities Manual for Adolescents	NP10AMA	\$ 25.00	\$ 50.00
6 Parent Handbooks (Hmong)	NP10PHB	\$ 15.00	\$ 90.00
6 Adolescent Handbooks (English)	NP10AHB	\$ 15.00	\$ 90.00
Audio-Visual Materials			
1 DVD	DVD10	\$ 24.95	\$ 24.95
Games			
1 Nurturing Game	NG	\$ 25.00	\$ 25.00
1 Ask It, Tell It Game	ASK	\$ 10.00	\$ 10.00
Certificates			
1 Parent's Certificates (pkg/20)	HCERP	\$ 5.00	\$ 5.00
1 Adolescent's Certificates (pkg/20)	HCERA	\$ 5.00	\$ 5.00
1 Facilitator's Certificates (pkg/20)	HCERF	\$ 5.00	\$ 5.00
Total Program Price	NP10	\$366.95	

Nurturing Program for Parents and Their Infants, Toddlers, and Preschoolers®

Stephen J. Bavolek, Ph.D. and Juliana Dellinger-Bavolek, M.S.E.

Program Description – Home Based

- Fifty-four 1½ hour sessions meet one day a week for 54 consecutive weeks.
- Parents and the Home Visitor work together for the first hour teaching nurturing parenting ideas and techniques.
- Parents, children and the Home Visitor work together for 30 minutes having fun and practicing skills.

Program Description – Group Based

- Twenty-seven 2½ hour sessions meet one day a week for 27 weeks.
- Parents and children meet concurrently in two separate groups.
- Two facilitators run parents' group; two facilitators plus two volunteers run the children's group.
- Parents and children engage in a 30-minute Nurturing Time with games, songs, snacks and more.

Manuals & DVDs Include...

Implementation Manual

A comprehensive resource guide for the facilitator, covering overview of the philosophy, planning and preparation, and program implementation. **NPIMP**

Activities Manuals for Parents

Program activities manual for conducting the home and group-based program. **NP2GIM or NP2HVIM**

Parent Handbook

A handbook for parents describing numerous nurturing parenting techniques and weekly Home Practice Assignments. **NP2PHB**

Easy Reader Parent Handbook

Developed to make Nurturing Parenting easy for parents and practitioners to understand and practice, the Easy Reader presents the concepts and techniques of Nurturing Parenting in a step-by-step format utilizing drawings of parents and children. Minimal words are used when possible. **NPER**

Nurturing Book for Babies and Children

Presents current information on brain development, child massage, activities for parents to do with their children at home, and information on common childhood illnesses, and a developmental scrapbook. **NBBC**

Nurturing Touch: Introduction to the Art of Infant Massage

20-minute instructional DVD describing benefits of massaging infants with easy-to-use strokes on the back and legs. *Includes Handbook in English or Spanish.* **IFM-SDVD**

I'm Only Doing This For Your Own Good

A five-part interactive DVD teaching parents alternatives to hitting, shaking and spanking babies, toddlers, and preschoolers. **SPK2DVD**

Nurturing Touch DVDs for Parents of Infants, Toddlers and Preschoolers

20-part DVD series covering appropriate expectations, empathy, discipline, rewards/punishments, time-out, verbal/physical redirection, and more. **NP2DVD**

To Order the Infant, Toddler, and Preschooler Program

All items listed below are included in a complete program or sold separately.

Manuals	Code	Price Each	Total Price
1 Implementation Manual	NPIMP	\$ 30.00	\$ 30.00
1 Home Visitor's Instructional Manual	NP2HVIM	\$ 45.00	\$ 45.00 *
2 Facilitator's Instructional Manual Group	NP2GIM	\$ 25.00	\$ 50.00 *
2 Facilitator's Instructional Manual-Children	NP2CIM	\$ 25.00	\$ 50.00 *
15 Parent Handbooks <i>or</i>	NP2PHB	\$ 15.00	\$ 225.00 *
15 Easy Reader Parent Handbooks	NPER		*
15 Nurturing Book for Babies and Children	NBBC	\$ 15.00	\$ 225.00 *
15 Infant Massage Handbooks	IFM-H	\$ 6.00	\$ 90.00 *
Resource Materials			
1 Multicultural Parenting Guide	MCG	\$ 25.00	\$ 25.00
15 Red, White & Bruises Pamphlets	RWB	\$ 1.00	\$ 15.00 *
Parenting DVDs			
1 Set (2) Nurturing Touch	NP2DVD	\$385.00	\$ 385.00 *
1 Red, White & Bruises	SPK1DVD	\$ 39.95	\$ 39.95
1 I'm Only Doing This For Your Own Good	SPK2DVD	\$ 84.95	\$ 84.95 *
1 Intro to the Art of Infant Massage	IFM-SDVD	\$ 24.95	\$ 24.95
Games			
2 Nurturing Game (<i>English/Spanish</i>)	NG	\$ 25.00	\$ 50.00
2 Dynamic Doers/Pair It Card Game	DD	\$ 10.00	\$ 20.00
2 Ask It – Tell It Game (<i>English/Spanish</i>)	ASK	\$ 10.00	\$ 20.00
Assessment and Evaluation			
1 AAPI-2 Online (60 administrations) <i>(AAPI-2 Available in Spanish, Arabic, Kreyol)</i>	AOL-KIT	\$150.00	\$ 150.00 *
1 Nurturing Skills Competency Scale (<i>pkg 50</i>)	NSCS	\$ 50.00	\$ 50.00 *
2 Program Evaluation Forms (<i>pkg/120</i>)	EF	\$ 12.00	\$ 24.00 *
1 Family Nurturing Plan Group (<i>CD forms</i>)	NP2FNPG	\$ 20.00	\$ 20.00
1 Family Nurturing Plan Home (<i>CD forms</i>)	NP2FNPH	\$ 20.00	\$ 20.00
1 Family Nurturing Journal Group (<i>CD forms</i>)	NP2FNJG	\$ 20.00	\$ 20.00
1 Family Nurturing Journal Home (<i>CD forms</i>)	NP2FNJH	\$ 20.00	\$ 20.00
Instructional Aids			
1 Feeling Faces (<i>pkg/15</i>)	FF	\$ 25.00	\$ 25.00
1 Set Nurturing Coloring Books (<i>pkg/15</i>)	CB	\$ 25.00	\$ 25.00
1 Scary Touch Dolls (<i>pkg/6</i>)	SD	\$ 10.00	\$ 10.00
1 Our Bodies (Children 3-7 years)	OB2	\$ 15.00	\$ 15.00
Certificates			
1 Parent's Certificates (<i>pkg/20</i>)	CERP	\$ 5.00	\$ 5.00 *
1 Children's Certificates (<i>pkg/20</i>)	CERC	\$ 5.00	\$ 5.00 *
1 Facilitator's Certificates (<i>pkg/20</i>)	CERF	\$ 5.00	\$ 5.00 *
1 Volunteers Certificates (<i>pkg/20</i>)	CERV	\$ 5.00	\$ 5.00 *
Total Program Price	NP2		\$1778.85
Total Kit with 15 Parent Handbooks AND 15 Easy Readers			\$2,003.85

* Available in Spanish (To Order the Complete NP12 Birth to Five program in Spanish, see Crianza con Carino.)

Nurturing Program for Parents and Their School-Age Children 5-11 Years®

Stephen J. Bavolek, Ph.D.

Program Description

- Fifteen 2 ½ hour sessions that meet one day a week for 15 consecutive weeks.
- Parents and children attend separate groups that meet concurrently.
- Two facilitators are needed to implement each of the parents and children's programs.
- Activities Manuals detail each activity with goals, objectives and procedures.
- Home Practice Assignments reinforce new parenting practices.

Manuals & DVDs Include...

Implementation Manual

A comprehensive resource guide for the facilitator, covering overview of the philosophy, planning and preparation, and program implementation. NPIMP

Activities Manual for Parents

Contains activities for conducting the program in a group setting. Each activity is detailed with goals, objectives and procedures. Each facilitator should have their own copy. NP1AMP

Activities Manual for Children

Contains activities for school-age children who are participating in the program. There are activities for each of the 15 group sessions. Each session follows a similar format: Welcome Time, Circle Time, Family Nurturing Time, Group Time, Learning Center Time and Closing. Staff required depends on the number and ages of children attending. Each professional conducting the program should have their own copy. NP1AMC

Parent Handbook: Teaching Empathy, Self-Worth and Discipline

Easy-to-read information on becoming a nurturing parent and on ways for adults to promote their own self-growth. Each parent should have their own handbook. NP1PHB

Red, White and Bruises

Guide that presents alternatives to spanking. RWB

Multi-Cultural Parenting Guide

Developed from five years of research, this manual provides facilitators with a better understanding of the parenting practices of specific cultures and how to incorporate cultural traditions into Nurturing Parenting. MCG

Nurturing Touch DVDs for Parents of School-Age Children

Topics: Nurturing Parenting/Family Morals, Values & Rules; Praising Children and Their Behavior; Discipline, Rewards and Punishment; Personal Power; Why Parents Spank Their Children; Choices and Consequences; Owning and Communicating Feelings; Ignoring Irritating Behavior; Drinking and Parenting Don't Mix NP1DVD

This Hurts Me More Than It Hurts You DVD

Teaches parents alternatives to spanking and slapping their school-age children. Situations include: dealing with sibling rivalry, helping parents manage their stress and anger, and strategies for responding to children who talk back and show disrespect. SPK3DVD

To Order the School-Age Program

All items listed below are included in a complete program or sold separately.

Manuals	Code	Price Each	Total Price
1 Implementation Manual	NPIMP	\$ 30.00	\$ 30.00
2 Activities Manual for Parents	NP1AMP	\$ 25.00	\$ 50.00
2 Activities Manual for Children	NP1AMC	\$ 35.00	\$ 70.00
15 Parent Handbooks	NP1PHB	\$ 15.00	\$225.00
Resource Materials			
1 Multicultural Parenting Guide	MCG	\$ 25.00	\$ 25.00
15 Red, White & Bruises Pamphlets	RWB	\$ 1.00	\$ 15.00
Parenting DVDs			
1 Nurturing Touch DVDs	NP1DVD	\$375.00	\$375.00
1 This Hurts Me More...	SPK3DVD	\$ 84.95	\$ 84.95
Games			
2 Nurturing Game	NG	\$ 25.00	\$ 50.00
1 Dynamic Doers/Pair It Card Game	DD	\$ 10.00	\$ 10.00
2 Ask It – Tell It Game	ASK	\$ 10.00	\$ 20.00
Assessment and Evaluation			
1 AAPI-2 Online (60 administrations)	AOL-KIT	\$150.00	\$150.00
1 Nurturing Quiz (pkg/40)	NQ1	\$ 25.00	\$ 25.00
1 Family Social History Quest. (pkg/40)	FSHQ	\$ 25.00	\$ 25.00
2 Program Evaluation Forms (pkg/120)	EF	\$ 12.00	\$ 24.00
2 Family Logs (pkg/120)	FL	\$ 12.00	\$ 24.00
Instructional Aids			
1 Feeling Faces (pkg/15)	FF	\$ 25.00	\$ 25.00
1 Nurturing Coloring Books (pkg/15)	CB	\$ 25.00	\$ 25.00
1 Scary Touch Dolls (pkg/6)	SD	\$ 10.00	\$ 10.00
1 Our Bodies (Pre-Teens 8-12 Years)	OB1	\$ 15.00	\$ 15.00
1 Our Bodies (Children 3-7 Years)	OB2	\$ 15.00	\$ 15.00
Certificates			
1 Parent's Certificates (pkg/20)	CERP	\$ 5.00	\$ 5.00
1 Children's Certificates (pkg/20)	CERC	\$ 5.00	\$ 5.00
1 Facilitator's Certificates (pkg/20)	CERF	\$ 5.00	\$ 5.00
1 Volunteers Certificates (pkg/20)	CERV	\$ 5.00	\$ 5.00
Total Program Price	NP1		\$1,312.95

Nurturing Program for Parents and Adolescents®

Stephen J. Bavolek, Ph.D.

Program Description

- Twelve three-hour sessions that meet one day a week for 12 consecutive weeks.
- Parents and their teenage children (13 to 19 years) attend the program.
- Each three-hour session is designed for adults and teens to meet in two separate groups for the first 70 minutes. The 20-minute snack time allows parents and teens to share refreshments.
- The following 90 minutes are spent with parents and teens together in one large group.
- Each group is facilitated by two professionals.

Format

- Icebreaker and Check-In
- Nurturing Self Activities
- Snack Time
- Parenting and Communication Skills
- Visualization
- Home Practice Assignments
- Evaluation and Closing

Manuals & DVDs Include...

Implementation Manual

A comprehensive resource guide for the facilitator, covering overview of the philosophy, planning and preparation, and program implementation. NPIMP

Activities Manual for Parents

Activities Manual for Adolescents

Contain activities for conducting the parents' and adolescents' programs in a group setting. Each activity is detailed with goals, objectives and procedures. Each professional needs a copy. NP3AMP or NP3AMA

Parent Handbook

Adolescent Handbook

Informational guides for parents and adolescents. Each parent and adolescent needs their own copy. NP3PHB or NP3AHB

Multicultural Parenting Guide

Developed from five years of research, this manual provides facilitators with a better understanding of the parenting practices of specific cultures and how to incorporate cultural traditions into Nurturing Parenting. MCG

DVD

Nurturing Parent and Teen Relationships; Adolescence: Why It's Normal for Teens to Act Weird; Trusting Teen-Parent Relationships; Constructive Communication; Negotiation and Compromise; Problem Solving; Why Teens Stop Talking; Discipline: Family Morals, Values and Rules; Helping Teens Manage Their Behavior; Everyone's Not Doing It; Sayin' No and Walkin' Cool; Violent and Possessive Relationships. NP3DVD

My Way or The Highway DVD

Teaches parents and teens alternatives to hitting, yelling and name-calling. Situations include handling issues of power and authority, setting limits regarding friends and curfew, handling peer pressure and drugs. SPK4DVD

NEW Nurturing Skills Competency Scale

The Nurturing Skills Competency Scale is an inventory designed to assess knowledge and use of nurturing parenting concepts, practices and strategies. The NSCS is designed to be specific to the four major developmental stages (Pre-School; Infant, Toddler and Preschooler; School-Age; and Adolescent). When used in conjunction with the AAPI-2, the NSCS provides an index of Low, Moderate or High Risk for child maltreatment. (Administered to both Parents and Adolescents). NSCS-PA

To Order the Parents and Adolescents Program

All items listed below are included in a complete program or sold separately.

Manuals	Code	Price Each	Total Price
1 Implementation Manual	NPIMP	\$ 30.00	\$ 30.00
2 Activities Manual for Parents	NP3AMP	\$ 25.00	\$ 50.00
2 Activities Manual for Adolescents	NP3AMA	\$ 25.00	\$ 50.00
15 Parent Handbooks	NP3PHB	\$ 15.00	\$ 225.00
15 Adolescent Handbooks	NP3AHB	\$ 15.00	\$ 225.00
Resource Materials			
1 Multicultural Parenting Guide	MCG	\$ 25.00	\$ 25.00
15 Red, White & Bruises Pamphlets	RWB	\$ 1.00	\$ 15.00
Parenting DVDs and CDs			
1 Parent & Adolescent DVD	NP3DVD	\$ 425.00	\$ 425.00
1 My Way or the Highway	SPK4DVD	\$ 39.95	\$ 39.95
1 Visualization CD	V-CD	\$ 10.00	\$ 10.00
Assessment and Evaluation			
1 AAPI-2 Online (60 administrations)	AOL-KIT	\$150.00	\$ 150.00
1 Nurturing Skills Competency Scale (pkg/40)	NSCS-PA	\$ 50.00	\$ 50.00
1 Family Social History Quest. (pkg/40)	FSHQ	\$ 25.00	\$ 25.00
Certificates			
1 Parent's Certificates (pkg/20)	CERP	\$ 5.00	\$ 5.00
1 Adolescent's Certificates (pkg/20)	CERA	\$ 5.00	\$ 5.00
1 Facilitator's Certificates (pkg/20)	CERF	\$ 5.00	\$ 5.00
Total Program Price	NP3		1,334.95

Nurturing Program for Teen Parents and Their Families®

Stephen J. Bavolek, Ph.D. and Juliana Dellinger-Bavolek, M.S.E.

Program Description - Home-Based

- Fifty 1½ hour sessions that meet one day a week for 50 consecutive weeks.
- Parents meet with Home Visitor for the first hour to learn a new concept regarding self and parenting.
- Parents and children are engaged in Family Nurturing Time for the remaining 30 minutes.

Program Description - Group-Based

- Twenty-six 2 ½ hour sessions that meet one day a week for 26 consecutive weeks.
- Parents and children attend separate groups that meet concurrently then enjoy 30 minutes of Family Nurturing Time together.
- The first 70 minutes address parenting skills and the remaining 50 minutes teach self-nurturing.

Manuals & DVDs Include...

Implementation Manual

A comprehensive resource guide for the facilitator, covering overview of the philosophy, planning and preparation, and program implementation. NPIMP

Activities Manuals for Facilitators Group or Home-Based

Contains activities for conducting the program during home or group visits. Each professional needs a copy. NP4AMTG or NP4AMTH

Parent Handbook

An informational guide for parents describing nurturing parenting techniques and weekly Home Practice Assignments. Each parent needs their own handbook. NP4PHB

Easy Reader Parent Handbook

Developed to make Nurturing Parenting easy for parents and practitioners to understand and practice. 37 chapters present the concepts and techniques of Nurturing Parenting in a step-by-step format utilizing drawings of parents and children. Minimal words are used when possible. NPER

Nurturing Book for Babies and Children

Current information on brain development, child massage, activities, common childhood illnesses, and more. NBBC

Red, White and Bruises

Guide that presents alternatives to spanking. RWB

Multicultural Parenting Guide

Provides facilitators with a better understanding of the parenting practices of specific cultures. MCG

Nurturing Parenting DVDs for Teen Parents

Topics include: Appropriate Expectations; Growth and Development; Developing Empathy; Personal Power; Setting Boundaries and Limits; Helping Children Develop Morals & Values; Family Rules; Rewards & Punishments; Time-Out; Verbal & Physical Redirection; Diapering & Dressing, Feeding Bath and Bed Time Nurturing Routines; Drinking and Parenting Don't Mix; Everyone's Not Doing It; Saying No & Walking Cool. NP4DVD

I'm Only Doing This For Your Own Good

Teaches nurturing parenting techniques for challenging times with infants, toddlers, and preschoolers. SPK2DVD

Red, White & Bruises

Helps parents understand why spanking is a dangerous parenting practice to use. Parents learn very practical and proven alternatives to spanking. SPK1DVD

Nurturing Touch: Introduction to the Art of Infant Massage

A 20-minute instructional DVD describing the benefits of massaging infants and demonstrating easy-to-use strokes on the back and legs. IFM-S-DVD

To Order the Teen Parent Program

All items listed below are included in a complete program or sold separately.

Manuals	Code	Price Each	Total Price
1 Implementation Manual	NPIMP	\$ 30.00	\$ 30.00
1 Activities Manual for Parents Home	NP4AMTH	\$ 45.00	\$ 45.00
2 Activities Manual for Parents Group	NP4AMTG	\$ 25.00	\$ 50.00
15 Parent Handbooks <i>OR</i>	NP4PHB	\$ 15.00	\$225.00
15 Easy Reader Parent Handbooks	NPER (<i>4th grade reading level</i>)		
15 Nurturing Book for Babies and Children	NBBC	\$ 15.00	\$ 225.00
Resource Materials			
1 Multicultural Parenting Guide	MCG	\$ 25.00	\$ 25.00
15 Red, White & Bruises Pamphlets	RWB	\$ 1.00	\$ 15.00
Parenting DVDs			
1 Teen Parents and Families	NP4DVD	\$425.00	\$ 425.00
1 I'm Only Doing This For Your Own Good	SPK2DVD	\$ 84.95	\$ 84.95
1 Intro to the Art of Infant Massage	IFM-SDVD	\$ 24.95	\$ 24.95
1 Red, White & Bruises	SPK1DVD	\$ 39.95	\$ 39.95
1 Visualization CD	V-CD	\$ 10.00	\$ 10.00
Games			
2 Nurturing Game	NG	\$ 25.00	\$ 50.00
2 Ask It – Tell It Game	ASK	\$ 10.00	\$ 20.00
Assessment and Evaluation			
1 AAPI-2 Online (<i>60 administrations</i>)	AOL-KIT	\$150.00	\$ 150.00
1 Nurturing Quiz (pkg/40)	NQ4	\$ 25.00	\$ 25.00
1 Family Social History Quest. (pkg/40)	FSHQ	\$ 25.00	\$ 25.00
1 Family Performance Chart (pkg/120)	FRPC	\$ 12.00	\$ 12.00
1 Program Evaluation Forms	EF	\$ 12.00	\$ 12.00
1 Family Logs	FL	\$ 12.00	\$ 12.00
Instructional Aids			
1 Feeling Faces (pkg/15)	FF	\$ 25.00	\$ 25.00
Certificates			
1 Parent's Certificates (pkg/20)	CERP	\$ 5.00	\$ 5.00
1 Children's Certificates (pkg/20)	CERC	\$ 5.00	\$ 5.00
1 Facilitator's Certificates (pkg/20)	CERF	\$ 5.00	\$ 5.00
1 Volunteers Certificates (pkg/20)	CERV	\$ 5.00	\$ 5.00
Total Program Price	NP4		\$1,550.85

Crianza con Cariño® Meeting The Needs of Spanish Speaking Families

Family Development Resources, Inc. is dedicated to creating parenting programs that meet the needs of Spanish-speaking families. Programs, DVDs, instructional aids and assessment tools have been developed and normed for Hispanic families.

Parenting Programs

Crianza con Cariño para Padres y Niños®
Nurturing Parenting Program for Parents and Children Birth to 5 Years

Crianza con Cariño para Padres e Hijos®
Nurturing Program for Parents and Children 4 to 12 Years

ABC's Program for Parents and Children Entering Kindergarten® (*Parent Handbook only*)

Prenatal Program® (*Parent Handbook only*)

Parenting DVDs

Produced in Spanish (*not dubbed*), these DVDs show families from a variety of national groups including Mexican-Americans, Puerto Ricans, and Central and South Americans. The DVDs are divided into scenes that show real life parenting challenges. At the end of each scene, the viewer is invited to pause the DVD, consider what occurred, and brainstorm solutions. When the DVD resumes, the viewer sees a demonstration of parenting techniques useful for each situation. These nurturing strategies emphasize prevention, understanding the child's needs and developmental stage, keeping conflicts from escalating, and fostering cooperation and can be used in workshops and support groups for parents; as part of a complete Crianza program; in training programs for professionals.

El Programa de Crianza con Cariño para Padres y Sus Niños desde el Nacimiento hasta los Cinco Años de Edad
20-part DVD Series. NP7DVD

Te Pego Porque Te Quiero, a booklet about nurturing discipline is to be used by parents as a handout to accompany the DVDs. RWBSP

Golpes y Gritos...Cómo Evitarlos
(Spanking and Yelling...What To Do Instead)

A young single parent loses control and shakes her baby when he cries all night; a father hits his toddler for getting into the cabinets under the sink; a mother threatens and cajoles to try to get her 8-year-old to come in for supper; and a busy father becomes angry when his preteen daughter puts off cleaning her room. CPVSP-DVD

Lo Hago Por Su Bien
(I'm Just Doing This For Your Own Good)

Five scenes emphasize seven of the most crucial developmental issues for children during each of their first five years of life, and the discipline challenges these present to parents. SPK2SP-DVD

Parenting Booklets

Te Pego Porque Te Quiero
(I Hit You Because I Love You)

This booklet is a culturally and linguistically adapted version of the popular booklet, *Red, White & Bruises: Spanking in the U.S.A.®* It explores the myths and realities of corporal punishment and presents a complete effective and modern system of nurturing discipline that does not rely on inflicting physical or emotional pain. RWBSP

Masaje Infantil (Infant Massage)

This booklet provides a brief explanation of the practice and illustrates the strokes of infant massage. It can be used alone and to support the English language Nurturing Touch DVD. IFM-SPH

Assessment Inventories

Inventario de Paternidad para Adultos y Adolescentes (AOL-KIT)

This online Spanish language version of the popular Adult-Adolescent Parenting Inventory (AAPI-2) was developed and normed in the U.S. Like the AAPI-2, it assesses the adults' and adolescents' degree of empathy, appropriate expectations of children, commitment to nonviolent discipline, appropriate family roles, and oppressing children's power and independence.

Nurturing Skills Competency Scale

The Nurturing Skills Competency Scale is an inventory designed to assess the knowledge and use of nurturing parenting concepts, practices and strategies. When used in conjunction with the AAPI-2, the NSCS provides an index of Low, Moderate or High Risk for child maltreatment. NP12NSCS

Family Nurturing Journal (FNJ)

The Family Nurturing Journal is designed to help the parents acquire the new knowledge and skills that they are expecting to develop through their participation in the Nurturing Program classes. NP12FNJH (Home) or NP12FNJG (Group)

Family Nurturing Plan

Program Facilitators create a Family Nurturing Plan for each family. The Family Nurturing Plan is a way to keep track of the progress families are making throughout the program. NP12FNPH (Home only)

Family Social History Questionnaire

A self-report inventory given pre and posttest to gather information regarding the family demographics SPFSHQ

Instructional Games and Materials

All Nurturing Parenting Program instructional aids are produced bilingually, including the popular *Nurturing Game* (El juego cariñoso), *Ask It-Tell It* (Pregunta-Di), and the *Nurturing Is....Coloring Book* (Cariño es...)

Crianza con Cariño®

Meeting The Needs of Spanish Speaking Families

Nurturing Program for Spanish-Speaking Parents and Their Children Birth – 5 Years

Stephen J. Bavolek, Ph.D. and Juliana Dellinger-Bavolek, M.S.E., La Dra. Fran Kaplan, La Lic. Francesca de Cabrera, La Lic. And Rosalba M. Hammann

Program Description – Home Based

- Fifty-four 1½ hour sessions meet one day a week for 54 consecutive weeks.
- Parents and the Home Visitor work together for the first hour teaching nurturing parenting ideas and techniques.
- Parents, children and the Home Visitor work together for 30 minutes having fun and practicing skills.

Program Description – Group Based

- Twenty-seven 2½ hour sessions meet one day a week for 27 weeks.
- Parents and children meet concurrently in two separate groups.
- Two facilitators run parents' group; two facilitators plus two volunteers run the children's group.
- Parents and children engage in a 30-minute Nurturing Time with games, songs, snacks and more.

Manuals & DVDs Include...

Implementation Manual

A comprehensive resource guide for the facilitator, covering overview of the philosophy, planning and preparation, and program implementation. **NPIMP**

Facilitators Instructional Manual

Program activities manuals for conducting the home-based and group-based programs. Contains weekly activities. **NP2HVIM or NP2GIM**

Parent Handbook

A handbook for parents describing numerous nurturing parenting techniques and weekly Home Practice Assignments. **NP12PHB**

Easy Reader Parent Handbook

Developed to make Nurturing Parenting easy for parents and practitioners to understand and practice, the Easy Reader presents the concepts and techniques of Nurturing Parenting in a step-by-step format utilizing drawings of parents and children. Minimal words are used when possible. **NPERSP**

Nurturing Book for Babies and Children

Presents current information on brain development, child massage, activities for parents to do with their children at home, and information on common childhood illnesses, and a developmental scrapbook. **NBBC-SP**
(Available 2010)

Lo Hago Por Su Bien

(I'm Just Doing This For Your Own Good)

Five scenes emphasize several of the most crucial developmental issues for children during each of their first five years of life and the discipline challenges these present to parents. **SPK2SP-DVD**

Nurturing Touch DVDs for Parents of Infants, Toddlers and Preschoolers

20-part DVD series covering appropriate expectations, empathy, discipline, rewards/punishments, time-out, verbal/physical redirection, and more. **NP7DVD**

To Order the Crianza Birth – 5 Program

All items listed below are included in a complete program or sold separately.

Manuals	Code	Price Each	Total Price
1 Implementation Manual	NPIMP	\$ 30.00	\$ 30.00
1 Home Visitor's Manual (English)	NP2HVIM	\$ 45.00	\$ 45.00
1 Facilitator's Manual Group (English)	NP2GIM	\$ 25.00	\$ 25.00
1 Facilitator's Manual Children's (English)	NP2CIM	\$ 25.00	\$ 25.00
15 Parent Handbooks <i>or</i>	NP12PHB	\$ 15.00	\$ 225.00
15 <i>Easy Reader</i> Parent Handbooks (Spanish)	NPER-SP		
15 Nurturing Book for Babies and Children (English) NBBC (<i>NBBC in Spanish available 2010</i>)		\$ 15.00	\$ 225.00
15 Infant Massage Handbooks	IFM-SPH	\$ 6.00	\$ 90.00
Resource Materials			
1 Multicultural Parenting Guide	MCG	\$ 25.00	\$ 25.00
15 Te Pego Porque Te Quiero	RWBSP	\$ 1.00	\$ 15.00
Parenting DVDs			
1 Nurturing Touch DVD's for Parents	NP7DVD	\$385.00	\$385.00
1 Lo Hago por Su Bien	SPK2SP-DVD	\$ 84.95	\$ 84.95
Games			
2 Nurturing Game	NG	\$ 25.00	\$ 50.00
2 Dynamic Doers/Pair It Card Game	DD	\$ 10.00	\$ 20.00
2 Ask It – Tell It Game	ASK	\$ 10.00	\$ 20.00
Assessment and Evaluation			
1 AAPI-2 Online (60 administrations)	AOL-KIT	\$150.00	\$ 150.00
1 Nurturing Skills Competency Scale (pkg 50)	NP12NSCS	\$ 50.00	\$ 50.00
2 Program Evaluation Forms (pkg/120)	SPEF	\$ 12.00	\$ 24.00
1 Family Nurturing Plan Home (CD forms)	NP12FNPH	\$ 20.00	\$ 20.00
1 Family Nurturing Journal Group (CD forms)	NP12FNJG	\$ 20.00	\$ 20.00
1 Family Nurturing Journal Home (CD forms)	NP12FNJH	\$ 20.00	\$ 20.00
Instructional Aids			
1 Feeling Faces (pkg/15)	FF	\$ 25.00	\$ 25.00
1 Set Nurturing Coloring Books (pkg/15)	CB	\$ 25.00	\$ 25.00
1 Scary Touch Dolls (pkg/6)	SD	\$ 10.00	\$ 10.00
1 Our Bodies (Children 3-7 years)	OB2	\$ 15.00	\$ 15.00
Certificates			
1 Parent's Certificates (pkg/20)	SPCERP	\$ 5.00	\$ 5.00
1 Children's Certificates (pkg/20)	SPCERC	\$ 5.00	\$ 5.00
1 Facilitator's Certificates (pkg/20)	SPCERF	\$ 5.00	\$ 5.00
1 Volunteers Certificates (pkg/20)	SPCERV	\$ 5.00	\$ 5.00
Total Program Price	NP12		\$1,643.95

Crianza con Cariño®

Meeting The Needs of Spanish Speaking Families



4-12 Years

Crianza con Cariño (*The Nurturing Program for Parents and Their Children 4 to 12 Years*) was validated with Spanish-speaking families in Colorado, Wisconsin, Arizona, Texas, Mexico, and Venezuela. Agencies serving Hispanic families of Puerto Rican, Mexican, Central and South American descent participated in the field-testing.

Program concepts and language have been carefully reviewed and edited by Hispanic professionals in human services to ensure that the nurturing parenting concepts are culturally sensitive, appropriate and accurately presented.

Manuals and DVDs Include...

Implementation Manual

A comprehensive resource guide for the facilitator, covering overview of the philosophy, planning and preparation, and program implementation. NPIMP

Activities Manual for Parents

Activities Manual for Children

Program activities manual for conducting the home-based program. Easily adapted for a group-based program. Contains weekly activities.

NP8AMP or NP8AMC

Parent Handbook

An informational guide for parents describing numerous nurturing parenting techniques and weekly Home Practice Assignments. Each parent participating in the program needs a Handbook.

NP8PHB

Multi-Cultural Parenting Guide

Developed from five years of research, this manual provides facilitators with a better understanding of the parenting practices of specific cultures and how to incorporate cultural traditions into Nurturing Parenting. MCG

Golpes y Gritos...Cómo Evitarlos DVD (*Spanking and Yelling...What to Do Instead*)

A young single parent loses control and shakes her baby when he cries all night; a father hits his toddler for getting into the cabinets under the sink; a mother threatens and cajoles to try to get her 8-year-old to come in to supper; and a busy father becomes angry when his preteen daughter puts off cleaning her room. CPVSP-DVD

To Order Crianza con Cariño Program – 4-12 Years

All items listed below are included in a complete program or sold separately.

Manuals	Code	Price Each	Total Price
1 Implementation Manual (<i>English</i>)	NPIMP	\$ 30.00	\$ 30.00
2 Activities Manual for Parents	NP8AMP	\$ 25.00	\$ 50.00
2 Activities Manual for Children	NP8AMC	\$ 25.00	\$ 50.00
15 Parent Handbooks	NP8PHB	\$ 15.00	\$ 225.00
Resource Materials			
1 Multicultural Parenting Ed Guide	MCG	\$ 25.00	\$ 25.00
15 Te Pego Porque Te Quiero	RWBSP	\$ 1.00	\$ 15.00
Audio-Visual Materials			
1 Golpes y Gritos...Cómo Evitarlos	CPVSP-DVD	\$ 84.95	\$ 84.95
Games			
1 Nurturing Game	NG	\$ 25.00	\$ 25.00
1 Dynamic-Doer/Pair It	DD	\$ 10.00	\$ 10.00
2 Ask It-Tell It Game	ASK	\$ 10.00	\$ 20.00
Assessment Tools			
1 Spanish AAPI Online (<i>60 administrations</i>)	AOL-KIT	\$150.00	\$150.00
1 Nurturing Quiz (pkg.40)	SPNQ8	\$ 25.00	\$ 25.00
1 Family Social History Quest. (pkg/40)	SPFSHQ	\$ 25.00	\$ 25.00
2 Program Evaluation Forms (pkg/120)	SPEF	\$ 12.00	\$ 24.00
2 Family Logs (pkg/120)	SPFL	\$ 12.00	\$ 24.00
Instructional Aids			
1 Feeling Faces (pkg/15)	FF	\$ 25.00	\$ 25.00
1 Scary Touch Dolls (pkg/6)	SD	\$ 10.00	\$ 10.00
1 Our Bodies (Children 3-7 Years)	OB2	\$ 15.00	\$ 15.00
1 Our Bodies (Pre-teen 8 – 12 Years)	OB1	\$ 15.00	\$ 15.00
1 Coloring Books (pkg/15)	CB	\$ 25.00	\$ 25.00
Certificates			
1 Parents Certificates (pkg/20)	SPCERP	\$ 5.00	\$ 5.00
1 Children's Certificates(pkg/20)	SPCERC	\$ 5.00	\$ 5.00
1 Facilitators Certificates (pkg/20)	SPCERF	\$ 5.00	\$ 5.00
1 Volunteers Certificates (pkg/20)	SPCERV	\$ 5.00	\$ 5.00
Total Program Price	NP8		\$892.95

Resource Materials

Implementation Manual

Implementing the Nurturing Parenting Programs

If you're starting a Nurturing Program or want to enhance or troubleshoot an existing program, this manual is *a must*. The Implementation Manual and Resource Guide provides practical and timesaving information to novice and veteran providers alike.

To Order, Use Code NPIMP \$30.00

Nurturing Book for Babies and Children

Presents current information on brain development and child massage. Also contains activities parents can do at home with their infant, toddler and preschooler to build nurturing relationships, as well as information on common childhood illnesses, ways to celebrate holidays, and a scrap book to detail the history and development of the child.

To Order, Use Code NBBC \$15.00

Nurturing Game

A game for adults and children ages three years and older, to increase self-awareness, appropriate use of personal power, and communication skills. Participants respond to questions regarding awareness of self, feelings, giving and receiving praise, and practice appropriate touch. Each Nurturing Game contains cards and directions that are printed both in *English and Spanish*.

To Order, Use Code NG \$25.00

Red, White & Bruises Guide

Helps Parents Succeed in Learning Healthy, Nurturing Ways to Discipline

Red, White and Bruises helps parents understand why spanking is a dangerous parenting practice to use in raising children. Parents learn very practical and proven ways to help create a happy and healthy home by developing cooperation and respect, teaching children compassion, and praising children for who they are and for their behavior. Very affordable! *English and Spanish*.

To order, use Code **RWB**. The Red, White & Bruises booklet is also available in *SPANISH*. Use code **RWBSP** when ordering.

Quantity Discounts Available

0 – 50	\$1.00
51 – 150	\$.95
151 – 250	\$.90
251 – 500	\$.85

Ask It-Tell It

A card game where players respond to a question on a Tell It card, or have discussions with an Ask-It card. *English and Spanish*.

To Order, Use Code **ASK** \$10.00

Feeling Faces

Photographs (11" x 14") of babies and children with varying expressions of feelings. (Pkg/15)

To Order, Use Code **FF** \$25.00

Our Bodies

Pictures of male and female children of various races used to discuss body part recognition and ways to say "NO" to unwanted touch. Our Bodies pictures portray Black, White, Hispanic and Asian young male and female children.

To Order:

Young Children	OB2	\$15.00
Pre-teens (8 – 12 Years)	OB1	\$15.00

Nurturing Coloring Book

The Nurturing Coloring Book helps children learn about gentle touch, sharing, expressing feelings, and caring for others. *English and Spanish*. (Pkg/15).

To Order, use Code **CB** \$25.00

Scary Touch Dolls

Black, White, Asian and Hispanic male and female cardboard dolls with moveable arms. The Scary Touch Dolls are used for discussion of scary (inappropriate) sexual touch. (Pkg/6).

To Order, Use Code **SD** \$10.00

Multicultural Parenting Education Guide

What every parent educator, social worker, family therapist and helping professional should know before beginning their involvement with the family. Included in the Guide is a description of the following cultures:

<i>Chinese</i>	<i>Puerto Rican</i>	<i>Korean</i>	<i>Hmong</i>
<i>Hawaiian</i>	<i>Cambodian</i>	<i>Chilean</i>	<i>African American</i>
<i>Vietnamese</i>	<i>Laotian</i>	<i>Japanese</i>	
<i>Filipino</i>	<i>Mexican</i>	<i>El Salvadoran</i>	

The Guide Will Provide Professionals with Information ...

- Specific cultural family values and traditions.
- The expected roles and obligations of family members.
- Traditional ways to display emotions.
- Cultural foods, dress, music, and children's games.

To Order, Use Code **MCG** \$25.00

Instructional DVDs and Handbook

Both Parents and Babies Benefit from the Infant Massage Experience:

- Massage enhances communication and deepens feelings of attachment between parent and baby that promotes the physical and emotional well-being of babies and young children.
- Parents experience increased confidence and competence in caring for baby.
- Infant Massage helps families develop nurturing care giving routines.
- Massage helps babies relax and release stress.
- Babies experience physical relief from symptoms of teething, colic and gas.
- Massage stimulates baby's growth and development.

Manual and DVDs include...

Nurturing Touch: An Introduction to Infant Massage DVD

Twenty-minute instructional DVD that serves as an introduction to the practice of massaging infants. The benefits of massage are described and the strokes of the legs and back (especially enjoyable for both caregiver and infant) are demonstrated. An ideal resource for parents to own and to use as a guide for establishing Nurturing Touch routines. The Nurturing Touch Handbook accompanies this DVD. IFM-SDVD

Nurturing Touch: Instruction in the Art of Infant Massage DVD

(Closed Captioned)

Fifty-minute instructional DVD designed for the serious student, parent or instructor of infant massage. The Nurturing Touch DVD begins with an introduction to the benefits of Infant Massage by professionals and parents, followed by the step-by-step demonstration of a complete Infant Massage routine based on Indian and Swedish massage and Touch Relaxation. In addition, the Nurturing Touch DVD provides suggestions for listening and responding to baby's cues and relaxation exercises for parents and caregivers. The Nurturing Touch Handbook accompanies this DVD. IFM-DVD

Nurturing Touch: Instruction in the Art of Infant Massage Handbook

This easy-to-use guide is designed to teach parents how to massage their babies. The focus is on Infant Massage as a way to enhance the parent-child relationship through gentle nurturing touch. The Nurturing Touch Handbook accompanies the DVDs and it may be used alone. *English or Spanish!* IFM-H or IFM-SPH

Ordering the Nurturing Touch® Materials

Product	Code	Price
Nurturing Touch: <u>Introduction</u> to the Art of Infant Massage <i>(20-minutes)</i>	IFM-SDVD	\$24.95
Nurturing Touch: <u>Instruction</u> in the Art of Infant Massage <i>(50 minutes)</i>	IFM-DVD	\$84.95
Nurturing Touch Handbook <i>(English)</i>	IFM-H	\$ 6.00
Nurturing Touch Handbook <i>(Spanish)</i>	IFM-SPH	\$ 6.00

Infant Massage Instructor Training

Teaching adults and children to use gentle touch through massage techniques has clinically shown to increase parent-child bonding and to prevent the use of hurting touch such as shaking, hitting, and spanking children. *The Nurturing Parenting Programs that use infant massage are : Prenatal Families; Parents and Their Infants, Toddlers, and Preschoolers; Teen Parents and Their Families and Nurturing Skills for Families*

Juliana Dellinger-Bavolek, M.S.E., Certified Educator Trainer with Infant

Massage USA is co-author of nationally recognized and validated parenting programs. She has over 30 years of experience with young children and their families as a teacher, home visitor, and facilitator of parenting groups.

For information on Juliana's Infant Massage Instructor Trainings, visit our website at www.nurturingparenting.com.

DVDs

Nurturing Touch Parenting DVD Series Page 34-35

The **Nurturing Touch Parenting DVDs** are interactive, multicultural DVDs that promote healthy nurturing parenting techniques. The DVDs provide parents and professionals the opportunity to enhance learning by portraying situations common to all families.

- Parents of Infants, Toddlers and Preschoolers
- Parents of School-Age Children 5 – 11 Years
- Parent and Adolescent Program
- Teen Parents and Their Families

Alternatives to Spanking DVD Series Page 36

These five interactive DVDs, featuring multi-cultural families teach parents alternatives to hitting children and what they can do instead to get the cooperation and behaviors they desire.

- Red, White and Bruises
- I'm Only Doing This For Your Own Good
- This Hurts Me More Than It Hurts You
- My Way or the Highway
- Spare the Rod, Spoil the Child

Nurturing Skills Training DVD Page 36

Long a favorite on the conference circuit, Dr. Bavolek is known for his dynamic keynote addresses, presentations and workshops. Thousands of professionals and para-professionals have enjoyed learning about nurturing parenting skills and family dynamics by attending his presentations.

Nurturing Touch Infant Massage DVDs Page 32

Teaching adults and children to use gentle touch through massage techniques has clinically shown to increase parent-child bonding and to prevent the use of hurting touch such as shaking, hitting, and spanking children.

- Introduction to Infant Massage
- Instruction in the Art of Infant Massage

Nurturing Program Self-Instructional DVD Page 10

Professionals teaching parenting education need to update their parenting attitudes, knowledge, and skills to facilitate the growth of the families they're teaching. Use the proven principles of Nurturing Parenting at home with your own family to improve your skills as a professional parent educator.

Spanish-Speaking DVDs Pages 28-30

El Programa de Crianza con Cariño para Padres y Sus Niños desde el Nacimiento hasta los Cinco Años de Edad
20-part DVD Series.

Lo Hago Por Su Bien (*I'm Just Doing This For Your Own Good*)
Five scenes emphasize several of the most crucial developmental issues for children during each of their first five years of life and the discipline challenges these present to parents.

Golpes y Gritos...Cómo Evitarlos DVD (*Spanking and Yelling...What to Do Instead*)
A young single parent loses control and shakes her baby when he cries all night; a father hits his toddler for getting into the cabinets under the sink; a mother threatens and cajoles to try to get her 8-year-old to come in to supper; and a busy father becomes angry when his preteen daughter puts off cleaning her room.

DVDs

Nurturing Touch® Parenting DVD Series

Written by Stephen J. Bavolek, Ph.D.

The **Nurturing Touch Parenting DVDs** are interactive, multicultural DVDs that promote healthy nurturing parenting techniques. The DVDs provide parents and professionals the opportunity to enhance learning by portraying situations common to all families. The program allows viewers to pause the DVD, offer their comments and discuss possible solutions to the scenarios. When the DVD resumes, strategies and techniques are presented that promote positive nurturing ways to handle difficult and challenging situations.

The **benefits** of using the Nurturing Touch Parenting DVD Series are many...

- Viewers become active learners through brainstorming, discussion and role-playing.
- Examples and non-examples of parenting practices are presented which is a proven strategy in helping people learn new skills.
- The situations presented in the DVDs portray a wide range of *ethnic, racial, and socio-economic families*.
- Learning should be meaningful, but fun. These DVDs make learning enjoyable.
- The situations presented in the DVDs are age specific. Age-specific DVDs get at the developmental issues at hand.
- The DVDs are current. New brain research has dissolved many old theories and wives tales.

Parents of Infants, Toddlers, and Preschoolers	Code: NP2DVD	385.00
Parents of Infants, Toddlers, and Preschoolers (Spanish)	Code: NP7DVD	385.00

Topics include:

The Nurturing Philosophy of Parenting Infants
Toddlers and Preschoolers
Ages and Stages: Having Appropriate Expectations of Children
Understanding the Growth and Development of Infants, Toddlers, and Preschoolers
Developing Empathy: Teaching Children to Care
Developing Personal Power in Children and Adults
Creating Discipline for Infants, Toddlers, and Preschoolers
Helping Children Develop Morals and Values
Developing Family Rules; Rewards and Punishments as Consequences to Behavior
Praising Your Children and Their Behavior
Using Time-Out to Help Children Learn Appropriate Behavior
Verbal and Physical Redirection
Establishing Nurturing Parenting Routines for Diapering & Dressing, Bath Time, Bed Time, Feeding Time
Drinking and Parenting Don't Mix

Parents of School-Age Children 5 – 11 Years	Code: NP1DVD	\$375.00
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Each DVD may be purchased separately for \$84.95 when ordered individually. Enjoy a savings of approximately \$50 when ordering the complete set for \$375.00. DVD's are not sold separately. Topics Include:

Topics include ...

Nurturing Parenting and Family Morals, Values & Rules
Praising Children and Their Behavior and Discipline, Rewards & Punishment
Personal Power and Why Parents Spank Their Children
Choices & Consequences and Owning & Communicating Feelings
Ignoring Irritating Behavior and Drinking and Parenting Don't Mix

DVDs

Parent and Adolescent Program	Code: NP3DVD	\$425.00
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Topics include:

Nurturing Parent and Teen Relationships
Adolescence: Why It's Normal for Teens to Act Weird
Trusting Teen-Parent Relationships
Constructive Communication
Negotiation and Compromise
Problem Solving
Why Teens Stop Talking
Discipline: Family Morals, Values and Rules
Helping Teens Manage Their Behavior
Everyone's Not Doing It
Sayin' No and Walkin' Cool
Violent and Possessive Relationships

Teen Parent Program	Code: NP4DVD	\$425.00
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Topics include:

Philosophy of Nurturing Parenting
Appropriate Expectations of Children
Growth and Development of Infants
Toddlers & Preschoolers
Developing Empathy; Personal Power
Setting Boundaries and Limits
Helping Children Develop Morals & Values
Family Rules; Rewards & Punishments
Time-Out
Verbal & Physical Redirection
Establishing Nurturing Parenting Routines for Diapering & Dressing, Feeding Time, Bath Time and Bed Time
Drinking and Parenting Don't Mix
Everyone's Not Doing It
Saying No & Walking Cool

DVDs

Alternatives to Spanking Instructional DVDs

These five interactive DVDs, featuring multi-cultural families teach parents alternatives to hitting children and what they can do instead to get the cooperation and behaviors they desire. The DVDs are designed for the Nurturing Parenting Programs® but can be used with any parenting program that promotes non-violent parenting practices.

These DVDs are meant to encourage families and communities to develop nurturing attitudes and parenting practices by providing positive, non-violent discipline for parents to use with their children.

Red, White and Bruises (15 minutes)

Red, White and Bruises presents seven common reasons why parents use spanking as a form of punishment. Alternative techniques are offered. SPK1DVD

I'm Only Doing This For Your Own Good (40 minutes)

Teaches nurturing parenting techniques for challenging times with infants, toddlers, and preschoolers. Situations include: coping with a crying baby, an exploring toddler, a child running into the street, how to handle a child who whines, and positive ways to shop with a preschooler. SPK2DVD

This Hurts Me More Than It Hurts You (45 minutes)

Teaches parents alternatives to spanking and slapping their school-age children. Situations include: dealing with sibling rivalry, helping parents manage their stress and anger, and strategies for responding to children who talk back and show disrespect. SPK3DVD

My Way or the Highway (16 minutes)

Teaches parents and teenagers alternatives to hitting, yelling and name-calling. Situations include: handling issues of power and authority, setting limits regarding friends and curfew, and helping teens handle peer pressure and drugs. SPK4DVD

Spare the Rod, Spoil the Child (15 minutes)

Teaches parenting techniques and attitudes that work more effectively than corporal punishment in promoting healthy, desirable behaviors in children. Presents the word "rod" in the Proverbs of the Bible as the practice of *guidance* – not spanking. SPK5DVD

To Order the Alternatives to Spanking Series

Item	Code	Price
Red, White and Bruises	SPK1DVD	\$39.95
I'm Only Doing This For Your Own Good	SPK2DVD	\$84.95
This Hurts Me More Than It Hurts You	SPK3DVD	\$84.95
My Way or the Highway	SPK4DVD	\$39.95
Spare the Rod, Spoil the Child	SPK5DVD	\$39.95

Order the complete Five-Part DVD Series on Alternatives to Spanking and receive a 5% discount and 10 *Red, White and Bruises Booklets*.

Complete Set SPK-DVD \$275.00

Nurturing Skills Training DVD with Stephen J. Bavolek, Ph.D.

A Comprehensive Nurturing Skills Training DVD for Professionals

Energize your staff with this excellent DVD!

Dr. Bavolek is recognized for his work in promoting nurturing parenting attitudes and skills for the prevention and treatment of child abuse. Long a favorite on the conference circuit, Dr. Bavolek is known for his dynamic keynote addresses, presentations and workshops. Thousands of professionals and para-professionals have enjoyed learning about nurturing parenting skills and family dynamics by attending his presentations.

To Order the Nurturing Skills Training DVD

Training DVD	SJBTT/DVD	\$195.00
Rental/Week	SJBTR/DVD	\$40.00

Rental fee is applied toward the purchase price if you decide to buy the DVD.

How to Order / Order Form

1. How to Order:

INTERNET: www.nurturingparenting.com
24 Hours a Day!

PHONE: (800) 688-5822
Monday thru Friday; 8:00 – 4:30 MST

FAX: (435) 649-9599

EMAIL: fdr@nurturingparenting.com

MAIL: Family Development Resources, Inc.
PO Box 982350
Park City, Utah 84098-2350

2. Method of Payment:

U.S. Funds Only

1. **Check or Money Order**
2. **Credit Card** (MasterCard, VISA, American Express, Discover)
3. **Invoice** (Available only with an established account or purchase order.)

Send Payment to:

Family Development Resources, Inc.
PO Box 982350
Park City, Utah 84098-2350

Payment Terms:

Payment is due within 30 days upon receipt of materials.
Please note: We will not ship orders if you have past due invoices. Payment must be made in U.S. currency.

Shipping and Handling:

Continental U.S.

We ship via UPS insured Ground. Allow 10-14 working days, depending on your location.

Shipping & Handling Continental U.S.

Orders up to \$100.00, add \$7.00.
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The Nurturing Parenting Programs® Catalog

Training and Technical Assistance

Training dates and brochures for All scheduled trainings can be found at www.nurturingparenting.com
Go to the TRAINING CALENDAR tab.

Basic Nurturing Parenting Program® Trainings offered by Recognized National Trainer/Consultants

- Facilitator Training:** *Learn how to facilitate group and home-based Nurturing Programs!* Workshop presenting philosophy of nurturing parenting and goals of the Nurturing Parenting Programs with training on successful implementation of the Nurturing Parenting Programs and the Adult-Adolescent Parenting Inventory (AAPI-2).
- Training of Trainers:** *Become a Recognized Trainer/Consultant in the Nurturing Parenting Programs and learn how to train others to facilitate group and home-based Nurturing Program!* Intensive 3-day workshop for experienced Facilitators in the training & consulting aspects of the Nurturing Parenting Programs. Prerequisites: Completion of a Facilitator Training, 2 years of experience implementing the Programs, and letter of recommendation.

Nurturing Program for Families in Substance Abuse Treatment and Recovery®

Institute for Health and Recovery, Marissa Daley: 617-661-3991; E-mail: marissadaley@healthrecovery.org, Website: www.healthrecovery.org

Nurturing Program for Parents of Children with Health Challenges®

The Center for Hope and Healing, Michelle Tryon: 315-725-3251; mtccls1@aol.com
Donna LaTour-Elefante: 315-738-9773 x 223; E-mail: delefante@fnccny.org

Nurturing Father Program® & Nurturing Fathers Marriage and Parenting (MA & PA) Program®

Mark Perlman: 941-922-6961; E-mail: mcperl@verizon.net, Website: www.nurturingfathers.com

Nurturing God's Way Parenting Program for Christian Families®

Family Nurturing Center of Georgia, Gina Lord: 770-972-3664; E-mail: glord@fncca.org, Website: www.nurturinggodsway.com

Basic Home Visitation Skills (can be used with the Nurturing Programs or other curriculum)

Family Nurturing Center of Georgia, Gina Lord: 770-972-3664; E-mail: glord@fncca.org, Website: www.basichvs.com

Certified Educator of Infant Massage Training

Infant Massage USA, Juliana Dellinger-Bavolek: 828-776-4440, E-mail: julianadb@aol.com

Recognized Trainers & Consultants The Nurturing Parenting Programs® (updated 11/18/09)

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The Nurturing Parenting Programs® Catalog

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