

Nurturing Parenting Programs®

Lesson Outlines and Program Schedules 6/25/13

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Welcome! Thank you for your interest in the Nurturing Parenting Programs. The Nurturing Programs are recognized by SAMHSA, NREPP and other certifying agencies as proven, evidence based programs designed for the prevention and treatment of child abuse and neglect (**see NurturingValidation.com**). First developed in 1983 through a grant funded by the National Institute of Mental Health (NIMH), for nearly 30 years families participating in the classes have learned to replace old, unwanted and abusive parenting beliefs and patterns with newer, more positive nurturing ones. And most amazing, longitudinal follow-up data support the power of empathy, self-worth, compassionate discipline and empowerment in keeping the old history of maltreatment from returning. Competent staff facilitating the classes, parents and children attending the program together, and the power of nurturing as a parenting philosophy make it all happen.

This document provides you with a quick overview of the Lesson Outline and Program Schedule of some of the most widely implemented programs published by Family Development Resources, Inc. For a complete listing of all the Nurturing Programs available, log on to our website: **NurturingParenting.com**. There you can identify programs by levels of prevention (primary—education; secondary—intervention; and tertiary—treatment), by culture and by special needs. Training is available nationwide by professionals recognized by Family Development Resources for their knowledge, skills and experience (**see NurturingTraining.com**).

Upon reviewing the Lesson Outlines and Program Schedules, you will notice the different **delivery models** (group based; home based; and a combination of group based and home based); **the age-specificity** (prenatal; birth to five, school-age, etc.) or **condition-specificity** (substance abuse treatment and prevention) focus of the content; and the degree of **dosage** (number of lessons). The staff of Family Development Resources takes pride in presenting programs that are tailored to meet the needs of the families while maintaining fidelity.

Be sure to check out our web based assessment site at **AssessingParenting.com**. The Adult-Adolescent Parenting Inventory (AAPI-2), the Nurturing Skills Competency Scales (NSCS), the Family Nurturing Plans, as well as the Family Nurturing Journals, Session Evaluation Forms, and Competency Measurement Forms assist the program facilitators and parents in making sure learning and the acquisition of new skills is taking place. Conviction in helping the families succeed has no substitute.

Our goal is simple: the prevention of child maltreatment. However, our challenges are many. Keep the faith in the goal my friends and let's make the world a more nurturing place for all of us. Drop us a note at fdr@nurturingparenting.com. We would love to hear from you.

My best to you, your family and the families that you serve,

Stephen J. Bavolek, Ph.D.

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Nurturing Program for Prenatal Families®

(Also available in Spanish)

Lesson Outline and Program Schedule

Model 1: Eighteen 1½ Hour Home Visits Meeting Weekly

Parenting Constructs

- A: Inappropriate Parental Expectations
- B: Lack of Empathic Awareness of Children's Needs
- C: Strong Belief in the Use of Corporal Punishment
- D: Parent-Child Role Reversal
- E: Oppressing Children's Power & Independence

Program Values

- A: Building Self Worth through Appropriate Expectations & Success
- B: Developing Empathy & Attachment
- C: Developing Discipline with Dignity
- D: Increasing Self Awareness & Family Role Responsibilities
- E: Enhancing Empowerment in Self & Children

Session & Home Visit	Lessons	Parenting Constructs and Program Values	Chapter in Parent Handbooks	DVD
Home Visit 1: Introductions; Hopes and Fears; Assessing Parenting Beliefs	1.1 Welcome; Hopes & Fears; Orientation	E	1	----
	1.2 Assessing Parenting Strengths	All	----	----
	1.3 Lesson Competency Assessment and Closure	E		
Home Visit 2 Reviewing My Parenting Strengths; Nurturing as a Lifestyle	2.1 Welcome and Home Practice Check-In	E		
	2.2 Reviewing My Parenting Strengths; Nurturing as a Lifestyle	B & D	2 & 3	----
	2.3 Closing Activity	E		----
Home Visit 3 Changes in You and Me	3.1 Welcome and Home Practice Check-In	E		
	3.2 Changes in Me and You	B & D	4	----
	3.3 Lesson Competency Assessment and Closure	E		
Home Visit 4 Body Image	4.1 Welcome	E		
	4.2 Body Image	B & D	5	
	4.3 Relaxation Visualization	B	----	----
	4.4 Lesson Competency Assessment and Closure	E		
Home Visit 5 Health and Nutrition	5.1 Welcome and Home Practice Check-In	E	----	----
	5.2 Health and Nutrition	B & E	6	----
	5.3 Lesson Competency Assessment and Closure	E		
Home Visit 6 Keeping Our Bodies and Babies Healthy	6.1 Welcome and Home Practice Check-In	E	----	----
	6.2 Keeping Our Bodies and Babies Healthy	A	7	Babies and Booze Don't Mix
	6.3 Communicating with Baby	B	----	----
	6.4 Lesson Competency Assessment and Closure	E	----	----
Home Visit 7 Development, Expectations and Fears	7.1 Welcome and Home Practice Check-In	E	----	----
	7.2 Development, Expectations, and Fears	A	8	----
	7.3 Lesson Competency Assessment and Closure	E	----	----
Home Visit 8 Children's Brain Development	8.1 Welcome and Home Practice Check-In	E		
	8.2 Children's Brain Development	A	9	----
	8.3 Self Talk Affirmation Statements	B & D	----	----
	8.4 Lesson Competency Assessment and Closure	E	----	----

Session & Home Visit	Lessons	Parenting Constructs and Program Values	Chapter in Parent Handbooks	DVD
Home Visit 9: Basic Needs and Nurturing Myself	9.1 Welcome and Check-In	E	-----	-----
	9.2 Basic Needs and Nurturing Myself	B & D	10	-----
	9.3 Lesson Competency Assessment and Closure	E	-----	-----
Home Visit 10: Empathic Parent-Child Relationships	10.1 Welcome and Check-In	E	-----	-----
	10.2 Empathic Parent/Child Relationships	B	11 & 12	-----
	10.3 Lesson Competency Assessment and Closure	E	-----	-----
Home Visit 11: Partners in Pregnancy	11.1 Welcome and Check-In	E	-----	-----
	11.2 Partners in Pregnancy	B	13	-----
	11.3 Lesson Competency Assessment and Closure	E	-----	-----
Home Visit 12: Maintaining a Healthy Sexual Partner Relationships	12.1 Welcome and Check-In	E	-----	-----
	12.2 Maintaining a Healthy Sexual Partner Relationships	B	14	-----
	12.3 Lesson Competency Assessment and Closure	E	-----	-----
Home Visit 13: Nurturing Touch and Why Parents Spank Their Children	13.1 Welcome and Check-In	E	-----	-----
	13.2 Nurturing Touch and Why Parents Spank Their Children	B & C	15 & 16	Red, White & Bruises: Why Parents Spank Their Children
	13.3 Lesson Competency Assessment and Closure	E	-----	-----
Home Visit 14: Infant Massage	14.1 Welcome and Check-In	E	-----	-----
	14.2 Infant Massage	B & C	NBBC	"Nurturing Touch: An Introduction to the Art of Infant Massage"
	14.3 Lesson Competency Assessment and Closure	E	-----	-----
Home Visit 15: Understanding Stress	15.1 Welcome and Check-In	E	-----	-----
	15.2 Understanding Stress	B & C	17	-----
	15.3 Lesson Competency Assessment and Closure	E	-----	-----
Home Visit 16: Handling Stress and Possessive Relationships	16.1 Welcome and Check-In	E	-----	-----
	16.2 Handling Stress; Possessive and Violent Relationships	B & E	18 & 19	-----
	16.3 Lesson Competency Assessment and Closure	E	-----	-----
Home Visit 17: Assessing My Parenting Strengths	17.1 Welcome and Home Practice Check-In: Assessing Parenting Strengths	All	-----	-----
	17.2 Lesson Competency Assessment and Closure	E	-----	-----
Home Visit 18 Reviewing My Parenting Strengths; Program Closure and Celebration	18.1 Welcome and Home Practice Check-In; Assessment Review; Certificates and Closing	All	-----	-----

Nurturing Program for Prenatal Families®

(Also available in Spanish)

Lesson Outline and Program Schedule

Model 2: Nine 2½ Hour Group Sessions Meeting Weekly

Parenting Constructs

- A: Inappropriate Parental Expectations
- B: Lack of Empathic Awareness of Children's Needs
- C: Strong Belief in the Use of Corporal Punishment
- D: Parent-Child Role Reversal
- E: Oppressing Children's Power & Independence

Program Values

- A: Building Self Worth through Appropriate Expectations & Success
- B: Developing Empathy & Attachment
- C: Developing Discipline with Dignity
- D: Increasing Self Awareness & Family Role Responsibilities
- E: Enhancing Empowerment in Self & Children

Session	Activity	Parenting Constructs and Program Values	Chapter in Parent Handbooks	DVD
Group Session 1: Welcome, Assessment and Nurturing	1.1 Welcome; Hopes & Fears; Orientation	C	1	----
	1.2 Assessing Parenting Strengths	C	----	----
	1.3 Nurturing as a Lifestyle	B	2 & 3	----
	1.4 Home Practice and Closure	C	----	----
Group Session 2: Changes and Body Image	2.1 Welcome and Home Practice Check-In	B	2	----
	2.2 Changes in Your and Me	D	4	----
	2.3 Body Image	D	5	----
	2.4 Relaxation Visualization	B	----	----
	2.5 Closing Activity	C	----	----
Group Session 3: Health and Nutrition	3.1 Welcome and Home Practice Check-In	C	----	----
	3.2 Health and Nutrition	E	6	----
	3.3 Keeping Our Bodies and Babies Healthy	A	7	Babies and Booze Don't Mix
	3.4 Communicating with Baby	B	----	----
	3.5 Closing Activity	C	----	----
Group Session 4: Fetal Development	4.1 Welcome and Home Practice Check-In	C	----	----
	4.2 Development, Expectations, and Fears	A	8	----
	4.3 Children's Brain Development	A	9	----
	4.4 Self Talk Affirmation Statements	B & D	----	----
	4.5 Closing Activity	C	----	----
Group Session 5: Empathy and Nurturing Self	5.1 Welcome and Check-In	C	----	----
	5.2 Basic Needs and Nurturing Myself	D	10	----
	5.3 Empathic Parent/Child Relationships	B	11 & 12	----
	5.4 Closing Activity	C	----	----
Group Session 6: Partners in Pregnancy	6.1 Welcome and Check-In	C	----	----
	6.2 Partners in Pregnancy	C	13	----
	6.3 Maintaining a Healthy Sexual Partner Relationships	B	14	----
	6.4 Closing Activity	C	----	----

Session	Activity	Parenting Constructs and Program Values	Chapter in Parent Handbooks	DVD
Group Session 7: Why Parents Spank Their Children; Infant Massage	7.1 Welcome and Check-In	C	----	----
	7.2 The Importance of Parent/Child Touch	B	15 & 16	Red, White & Bruises: Why Parents Spank Their Children
	7.3 Infant Massage	B	NBBC	"Nurturing Touch: An Introduction to the Art of Infant Massage"
	7.4 Closing Activity	C	----	----
Group Session 8: Understanding and Handling Stress	8.1 Welcome and Check-In	C	----	----
	8.2 Understanding Stress	E	17	----
	8.3 Handling Stress; Possessive and Violent Relationships	E	18 & 19	----
	8.4 Closing Activity	C	----	----
Group Session 9: Our Family System	9.1 Welcome and Check-In	C	----	----
	9.2 Icebreaker: My Life Before and After	E	20	----
	9.3 Our Family System	B	20	----
	9.4 Assessing Parenting Strengths	C	----	----
	9.5 Closing Activity	C	----	----

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

(Also available in Spanish)

Lesson Outline and Program Schedule

Model 1: Fifty-five 1½ Hour Home Visits Meeting Weekly

Parenting Constructs

- A: Inappropriate Parental Expectations
- B: Lack of Empathic Awareness of Children's Needs
- C: Strong Belief in the Use of Corporal Punishment
- D: Parent-Child Role Reversal
- E: Oppressing Children's Power & Independence

Program Values

- A: Building Self Worth through Appropriate Expectations & Success
- B: Developing Empathy & Attachment
- C: Developing Discipline with Dignity
- D: Increasing Self Awareness & Family Role Responsibilities
- E: Enhancing Empowerment in Self & Children

Lesson	Parenting Constructs and Program Values	Chapter in Parent Handbooks	DVD
Lesson 1: Introductions, Hopes and Fears, Program Description, Assessment	ALL	----	----
Lesson 2: Family Nurturing Plan: Assessment Review and Planning	ALL	----	----
Lesson 3: Nurturing Parenting	B	1	1
Lesson 4: Nurturing as a Lifestyle	B	2	----
Lesson 5: Children's Brain Development	A	3	----
Lesson 6: Building Parent-Child Bonding and Attachment	C	4	----
Lesson 7: Ages & Stages: Expectations and Development of Children	A	5	2
Lesson 8: Ages & Stages: Infant Development	A	6	3
Lesson 9: Ages & Stages: Toddler Development	A	7	4
Lesson 10: Ages & Stages: Preschooler Development	A	8	5
Lesson 11: Ages & Stages: School-age Development	A	9	----
Lesson 12: "Skills Strips" Developmental Review	A	10	----
Lesson 13: The Male and Female Brain	A	11	----
Lesson 14: Developing Empathy in Children	B	12	6
Lesson 15: Meeting Our Needs and the Needs of Our Children	B	13	----
Lesson 16: Recognizing and Understanding Feelings	B	14	----
Lesson 17: Helping Your Children Handle Their Feelings	B	15	Alternatives to Spanking Part 3 "Masters of the Universe"
Lesson 18: Spoiling Your Children	A	16	----
Lesson 19: Improving Your Children's Self-Worth	E	17	----
Lesson 20: Developing Personal Power in Children and Adults	E	18	7
Lesson 21: Understanding Discipline	C	19	8
Lesson 22: Red, White & Bruises: Why Parents Spank Their Children	C	20	Alternatives to Spanking "Red White and Bruises: Why Parents Spank Their Children"
Lesson 23: Developing Family Morals and Values	C	21	9
Lesson 24: Developing Family Rules	C	22	10
Lesson 25: Rewarding Children and Their Behavior	C	23	11

Lesson	Parenting Constructs and Program Values	Chapter in Parent Handbooks	DVD
Lesson 26: Punishing Children and Their Behavior	C	23	11
Lesson 27: Praising Children and Their Behavior	C	24	12
Lesson 28: Infant and Child Massage	B	NBBC Chapter 7	Nurturing Touch: Introduction to the Art of Infant massage
Lesson 29: Time Out	C	26	13
Lesson 30: Child Proofing Your Home	C	27	Alternatives to Spanking Part 2 "Marco Polo in Diapers"
Lesson 31: Verbal and Physical Redirection	C	28	14
Lesson 32: Establishing Nurturing Parenting Routines	A & B	29	15
Lesson 33: Nurturing Diapering and Dressing Routine	A & B	30	16
Lesson 34: Nurturing Feeding Time Routine	A & B	31 & 32	17
Lesson 35: Nurturing Bath Time Routine	A & B	33	18
Lesson 36: Nurturing Bed Time Routine	A & E	36	19
Lesson 37: Our Bodies and Sex	E	35	----
Lesson 38: Personal Space and Saying "No"	E	35	----
Lesson 39: Keeping Our Children Safe	E	47	----
Lesson 40: Understanding and Handling Stress	D	37	Alternatives to Spanking Part 1 "Help Me Make it Through the Night?"
Lesson 41: Helping Children Manage Their Behavior	C	38	----
Lesson 42: Managing Anger	D	41 & 42	----
Lesson 43: Alternatives to Spanking	C	----	Alternatives to Spanking "I'm Only Doing This For Your Own Good"
Lesson 44: Ignoring	C	39	----
Lesson 45: Possessive and Violent Relationships	D	48	----
Lesson 46: Body Map	B		----
Lesson 47: Families and Alcohol	D	45	20
Lesson 48: Keeping Kids Drug Free	E	46	----
Lesson 49: Criticism and Confrontation	E	44	----
Lesson 50: Problem Solving, Decision Making, Negotiation and Compromise	B	50	----
Lesson 51: People, Possessions and Positive Self-Talk	B	----	----
Lesson 52: Smoking and My Child's Health	B & B	49	----
Lesson 53: Toilet Training	A	40	----
Lesson 54: Love, Sex, STDs and AIDS	E	34	----
Lesson 55: Assessment, Certificates and Closing	ALL		----

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

(Also available in Spanish)

Lesson Outline and Program Schedule

Model 2: Twenty-seven 2½ Hour Group Sessions Meeting Weekly

Parenting Constructs

- A: Inappropriate Parental Expectations
- B: Lack of Empathic Awareness of Children's Needs
- C: Strong Belief in the Use of Corporal Punishment
- D: Parent-Child Role Reversal
- E: Oppressing Children's Power & Independence

Program Values

- A: Building Self Worth through Appropriate Expectations & Success
- B: Developing Empathy & Attachment
- C: Developing Discipline with Dignity
- D: Increasing Self Awareness & Family Role Responsibilities
- E: Enhancing Empowerment in Self & Children

Session	Activity	Parenting Constructs and Program Values	Chapter in Parent Handbook	DVD	Activities in Children's Lesson Guide
Group Session 1: Introductions, Hopes and Fears, Program Description, Assessment	1.1 Welcome and Icebreaker	D	----	----	Session 1: Welcome; Picture Yourself/Your Family
	1.2 Orientation	C	----	----	
	1.3 Hopes and Fears	B & D	----	----	
	1.4 Family Nurturing Time: Feeling Song	B	----	----	
	1.5 Assessing Parenting Strengths	B & D	----	----	
	1.6 Closing Activity	B & D	----	----	
Group Session 2: Nurturing Parenting; Children's Brain Development	2.1 Welcome and Check-In	B & D	----	----	Session 2: Getting to Know You
	2.2 Nurturing Parenting	All	1	1	
	2.3 Family Nurturing Time: In and Out the Window	B	----	----	
	2.4 Children's Brain Development	A	3	----	
	2.5 Closing Activity	B & D	----	----	
Group Session 3: Nurturing as a Lifestyle; Building Parent-Child Bonding and Attachment	3.1 Welcome and Check-In	B	----	----	Session 3: Praise and Criticism
	3.2 Nurturing as a Lifestyle	B & D	2	----	
	3.3 Family Nurturing Time: Here's One Foot	B	----	----	
	3.4 Parent-Child Bonding and Attachment	B	4	6	
	3.5 Closing Activity	B & D	----	----	
Group Session 4: Ages and Stages: Expectations and Development of Children; Infant & Toddler Development	4.1 Welcome and Check-In	B & D	----	----	Session 4: Having Fun and Playing Games
	4.2 Ages & Stages: Expectations and Development of Children	A & B	5	2	
	4.3 Family Nurturing Time: Farmer in the Dell	B	----	----	
	4.4 Ages & Stages: Infant and Toddler Development	A	6 & 7	3	
	4.5 Closing Activity	B & D	----	----	
Group Session 5: Ages and Stages: Expectations and Development of Children; Preschooler and School-age Development	5.1 Welcome and Check-In	B & D	----	----	Session 5: Strength Bombardment
	5.2 Ages & Stages: Preschooler Development	A & B	8	5	
	5.3 Family Nurturing Time: Hokey Pokey	B	----	----	
	5.4 Ages & Stages: School-Age Development	A & B	9	----	
	5.5 Closing Activity	B & D	----	----	

Session	Activity	Parenting Constructs and Program Values	Chapter in Parent Handbook	DVD	Activities in Children's Lesson Guide
Group Session 6: "Skills Strips" Developmental Review; Male & Female Brain	6.1 Welcome and Check-In	B&D	----	----	Session 6: Dancing and Painting with Marbles
	6.2 "Skills Strips" Developmental Review	A	10	----	
	6.3 Family Nurturing Time: Mexican Hat Dance	B	----	----	
	6.4 The Male & Female Brain	A & B	11	----	
	6.5 Closing Activity	B & D	----	----	
Group Session 7: Developing Empathy in Children; Meeting Our Needs and the Needs of Our Children	7.1 Welcome and Check-In	B & D	----	----	Session 7: Communicating How "I" Feel
	7.2 Developing Empathy in Children	B	12	6	
	7.3 Family Nurturing Time: Hokey Pokey	B	----	----	
	7.4 Meeting Our Needs and the Needs of Our Children	B	13	----	
	7.5 Closing Activity	B & D	----	----	
Group Session 8: Recognizing and Handling Feelings; Helping your Children Handle Their Feelings	8.1 Welcome and Check-In	B & D	----	----	Session 8: Making a Group Hand Mural
	8.2 Recognizing and Handling Feelings	B	14	----	
	8.3 Family Nurturing Time: London Bridge	B	----	----	
	8.4 Helping Your Children Handle Their Feelings	B & C	15	Alternatives to Spanking	
	8.5 Closing Activity	B & D	----	----	
Group Session 9: Spoiling Your Children; Praising Children and Their Behavior	9.1 Welcome and Check-In	B & D	----	----	Session 9: Positive Self-Talk
	9.2 "Spoiling" Your Children	A & C	16	----	
	9.3 Family Nurturing Time: Are You Sleeping?	B	----	----	
	9.4 Praising Your Children and Their Behavior	A & C	24	12	
	9.5 Closing Activity	B & D	----	----	
Group Session 10: Improving Children's Self-Worth; Developing Personal Power in Children and Adults	10.1 Welcome and Check-In	B & D	----	----	Session 10: Personal Power
	10.2 Improving Children's Self-Worth	E	17	----	
	10.3 Family Nurturing Time: In and Out the Window	B	----	----	
	10.4 Developing Personal Power in Children and Adults	E	18	7	
	10.5 Closing Activity	B & D	----	----	
Group Session 11: Understanding Discipline: Red, White & Bruises – Why Parents Spank Their Children	11.1 Welcome and Check-In	B & D	----	----	Session 11: Hurting Touch and Gentle Touch
	11.2 Understanding Discipline	C	19	8	
	11.3 Family Nurturing Time: Here's One Foot	B	----	----	
	11.4 Red, White & Bruises: Why Parents Spank Their Children	E	20	Alternatives to Spanking	
	11.5 Closing Activity	B & D	----	----	
Group Session 12: Developing Family Morals and Values; Developing Family Rules	12.1 Welcome and Check-In	B & D	----	----	Session 12: Right and Wrong: Learning our Morals and Values
	12.2 Developing Family Morals and Values	C	21	9	
	12.3 Family Nurturing Time: Farmer in the Dell	B	----	----	
	12.4 Developing Family Rules	C	22	10	
	12.5 Closing Activity	B & D	----	----	

Session	Activity	Parenting Constructs and Program Values	Chapter in Parent Handbooks	DVD	Activities in Children's Lesson Guide
Group Session 13: Rewarding Children and Their Behavior; Punishing Children's Behavior	13.1 Welcome and Check-In	B & D	----	----	Session 13: Choices and Consequences
	13.2 Rewarding Children and Their Behavior	C	23	11	
	13.3 Family Nurturing Time: Are You Sleeping?	B	----	----	
	13.4 Punishing Children's Behavior	C	23	11	
	13.5 Closing Activity	B & D	----	----	
Group Session 14: Infant and Child Massage	14.1 Welcome and Check-In	B & D	----	----	Session 14: Our Bodies and Scary Touch
	14.2 Infant and Child Massage	B	41 & 42	Art of Infant Massage	
	14.3 Family Nurturing Time: Mexican Hat Dance	B	----	----	
	14.4 Infant and Child Massage (continued)	B	----	Art of Infant Massage	
	14.5 Closing Activity	B & D	----	----	
Group Session 15: Time Out; Body Map; Relaxation Vacation	15.1 Welcome and Check-In	B & D	----	----	Session 15: Time Out
	15.2 Time Out	C	26	13	
	15.3 Family Nurturing Time: Hokey Pokey	B	----	----	
	15.4 Body Map	C	----	----	
	15.5 Closing Activity	B & D	----	----	
Group Session 16: Child Proofing Your Home; Verbal and Physical Redirection	16.1 Welcome and Check-In	B & D	----	----	Session 16: Time Out Review
	16.2 Child Proofing Your Home	C	27	Alternatives to Spanking	
	16.3 Family Nurturing Time: London Bridge	B	----	----	
	16.4 Verbal and Physical Redirection	C	----	14	
	16.5 Closing Activity	B & D	----	----	
Group Session 17: Establishing Nurturing Parenting Routines; Keeping Our Children Safe	17.1 Welcome and Check-In	B & D	----	----	Session 17: Hurting Touch and Gentle Touch Review
	17.2 Establishing Nurturing Parenting Routines	A & B	29	15	
	17.3 Family Nurturing Time: Feeling Song	B & E	----	----	
	17.4 Keeping Our Children Safe	C	47	----	
	17.5 Closing Activity	B & D	----	----	
Group Session 18: Nurturing Diapering and Dressing Routine; Nurturing Feeding Time Routine; Feeding Your Young Children Nutritious Foods	18.1 Welcome and Check-In	B & D	----	----	Session 18: Keeping Our Self Safe
	18.2 Nurturing Diapering and Dressing Routine	A & B	30	16	
	18.3 Family Nurturing Time: In and Out the Window	B	----	----	
	18.4 Nurturing Feeding Time Routine; Feeding Your Young Children Nutritious Foods	A & B	31	17	
	18.5 Closing Activity	B & D	----	----	
Group Session 19: Nurturing Bath Time Routine; Nurturing Bed Time Routine	19.1 Welcome and Check-In	B & D	----	----	Session 19: Painting with Our Fingers
	19.2 Nurturing Bath Time Routine	A & B	33	18	
	19.3 Family Nurturing Time: Here's One Foot	B	----	----	
	19.4 Nurturing Bed Time Routine	A & B	36	19	
	19.5 Closing Activity	B & D	----	----	
Group Session 20:	20.1 Welcome and Check-In	B & D	----	----	Session 20:

Session	Activity	Parenting Constructs and Program Values	Chapter in Parent Handbooks	DVD	Activities in Children's Lesson Guide
Our Bodies and Sex; Personal Space and Saying "No"; Love, Sex, STDs and AIDS	20.2 Our Bodies and Sex	D	----	----	Protecting Our Bodies
	20.3 Family Nurturing Time: Farmer in the Dell	B	----	----	
	20.4 Personal Space & Saying "No"; Love, Sex, STDs and AIDS	D	----	----	
	20.5 Closing Activity	B & D	----	----	
Group Session 21: Understanding and Handling Stress; Helping Children Manage Their Behavior	21.1 Welcome and Check-In	B & D	----	----	Session 21: Don't Keep it to Yourself
	21.2 Understanding and Handling Stress	D	37	Alternatives to Spanking	
	21.3 Family Nurturing Time: Here's One Foot		----	----	
	21.4 Helping Children Manage Their Behavior	E	42	----	
	21.5 Closing Activity	B & D	----	----	
Group Session 22: Managing Anger; Alternatives to Spanking	22.1 Welcome and Check-In	B & D	----	----	Session 22: Handling Our Anger
	22.2 Managing Anger	D	41 & 42	----	
	22.3 Family Nurturing Time: Mexican Hat Dance	B	----	----	
	22.4 Alternatives to Spanking	C	----	Alternatives to Spanking	
	22.5 Closing Activity	B & D	----	----	
Group Session 23: Possessive and Violent Relationships; People, Possessions and Positive Self-Talk	23.1 Welcome and Check-In	B & D	----	----	Session 23: Saying "No" to Unwanted Touch
	23.2 Possessive and Violent Relationships; People, Possessions and Positive Self-Talk	D	48	20	
	23.3 Family Nurturing Time: Hokey Pokey	B	----	----	
	23.4 Power Struggles	C	----	----	
	23.5 Closing Activity	B & D	----	----	
Group Session 24: Families and Alcohol; Keeping Kids Drug Free; Smoking and My Child's Health	24.1 Welcome and Check-In	B & D	----	----	Session 24: Saying "No" to Drugs and "Yes" to Health
	24.2 Families and Alcohol	D	45	20	
	24.3 Family Nurturing Time: London Bridge	B	----	----	
	24.4 Keeping Kids Drug Free; Smoking...Child's Health	B, C, & D	49	----	
	24.5 Closing Activity	B & D	----	----	
Group Session 25: Criticism and Confrontation; Problem Solving, Decision Making, Negotiation and Compromise	25.1 Welcome and Check-In	B & D	----	----	Session 25: Telling Others
	25.2 Criticism and Confrontation	C	44	----	
	25.3 Family Nurturing Time: Feeling Song	B	----	----	
	25.4 Problem Solving, Decision Making, Negotiation and Compromise	C	50	----	
	25.5 Blue Light Visualization	D	----	----	
	25.6 Closing Activity		----	----	
Group Session 26: Ignoring; Toilet Training	26.1 Welcome and Check-In	B & D	----	----	Session 26: I'm Glad I'm Me
	26.2 Ignoring	C	39	----	
	26.3 Family Nurturing Time: In and Out the Window	B	----	----	
	26.4 Toilet Training	C	40	----	
	26.5 Closing Activity; Preparation for end of Program	B & D	----	----	

Session	Activity	Parenting Constructs and Program Values	Chapter in Parent Handbooks	DVD	Activities in Children's Lesson Guide
Group Session 27: Assessment; Certificates and Closing	27.1 Welcome and Check-In	B & D	----	----	Session 27: Celebration and Certificates
	27.2 Hopes and Fears	B & D	----	----	
	27.3 Assessing Parenting Strengths	D	----	----	
	27.4 Certificate Awards	B, D	----	----	
	27.5 Closing Activity	B, D & E	----	----	

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

(Also available in Spanish)

Lesson Outline and Program Schedule

Model 3: Sixteen 2½ Hour Group Sessions Meeting Weekly with 7 Home Visits

Parenting Constructs

- A: Inappropriate Parental Expectations
- B: Lack of Empathic Awareness of Children's Needs
- C: Strong Belief in the Use of Corporal Punishment
- D: Parent-Child Role Reversal
- E: Oppressing Children's Power & Independence

Program Values

- A: Building Self Worth through Appropriate Expectations & Success
- B: Developing Empathy & Attachment
- C: Developing Discipline with Dignity
- D: Increasing Self Awareness & Family Role Responsibilities
- E: Enhancing Empowerment in Self & Children

Session	Activity	Parenting Constructs and Program Values	Chapter in Parent Handbook	DVD	Activities in Children's Lesson Guide
Home Visit 1: <i>Getting Acquainted; Program Description; Assessment</i>	<i>This home visit occurs prior to the first group session. The purpose is to get to know the family and to gather pre-program AAPI and NSCS assessment data.</i>	B&C	----	----	----
Group Session 1: Introductions, Hopes and Fears, Program Description, Nurturing as a Lifestyle	1.1 Welcome and Icebreaker	D	1	----	Session 1: Welcome; Picture Yourself/Your Family
	1.2 Orientation	D	----	----	
	1.3 Hopes and Fears	B & D	----	----	
	1.4 Family Nurturing Time: Feeling Song	B	----	----	
	1.5 Nurturing as a Lifestyle	B & D	2	----	
	1.6 Closing Activity	B & D	----	----	
Home Visit 2: <i>Family Nurturing Plan; Assessment Review and Planning</i>	<i>This home visit occurs after group session # 1 and before group session # 2. The purpose is to review the AAPI and NSCS results and set parenting goals.</i>	All	----	----	----
Group Session 2: Nurturing Parenting; Children's Brain Development	2.1 Welcome and Check-In	B & D	----	----	Session 2: Getting to Know You
	2.2 Nurturing Parenting	All	----	1	
	2.3 Family Nurturing Time: In and Out the Window	B	----	----	
	2.4 Children's Brain Development	A	3	----	
	2.5 Closing Activity	B & D	----	----	
Home Visits 3, 4, 5	<i>These home visits are scheduled <u>as needed</u> when the parents or the program facilitators see that the parents are struggling in learning the lesson competencies. These home visits are tutorial in nature.</i>	----	----	----	----
Group Session 3: Parent-Child Bonding and Attachment; Developing Empathy in Children	3.1 Welcome and Check-In	B	----	----	Session 3: Communicating How I Feel
	3.2 Parent-Child Bonding and Attachment	B	4	----	
	3.3 Family Nurturing Time: Here's One Foot	B	----	----	
	3.4 Developing Empathy in Children	B	12	6	

Session	Activity	Parenting Constructs and Program Values	Chapter in Parent Handbook	DVD	Activities in Children's Lesson Guide
	3.5 Closing Activity	B & D	----	----	
Group Session 4: Expectations and Development of Children: Ages & Stages: Infant, Toddler and Preschooler	4.1 Welcome and Check-In	B & D	----	----	Session 4: Having Fun and Playing Games
	4.2 Expectations and Development of Children	B	5	2	
	4.3 Family Nurturing Time: Farmer in the Dell	B	----	----	
	4.4 Ages & Stages: Infant, Toddler, and Preschooler	A	6, 7, 8	3, 4, & 5	
	4.5 Closing Activity	B & D	----	----	
Group Session 5: Meeting Our Needs and the Needs of Our Children; Developing Personal Power in Children and Adults	5.1 Welcome and Check-In	B & D	----	----	Session 5: Personal Power
	5.2 Meeting Our Needs and the Needs of Our Children	B	13	----	
	5.3 Family Nurturing Time: Hokey Pokey	B	----	----	
	5.4 Developing Personal Power in Children and Adults	E	18	----	
	5.5 Closing Activity	B & D	----	----	
Group Session 6: Improving Children's Self-Worth; Praising Children and Their Behavior	6.1 Welcome and Check-In	B&D	----	----	Session 6: Praise and Criticism
	6.2 Improving Children's Self-Worth	D	17	----	
	6.3 Family Nurturing Time: In and Out the Window	B	----	----	
	6.4 Praising Children and Their Behavior	A & C	24	----	
	6.5 Closing Activity	B & D	----	----	
Group Session 7: Understanding Discipline; Red, White & Bruises: Why Parents Spank Children	7.1 Welcome and Check-In	B & D	----	----	Session 7: Hurting Touch and Gentle Touch
	7.2 Understanding Discipline	C	19	8	
	7.3 Family Nurturing Time: Here's One Foot	B	----	----	
	7.4 Red, White & Bruises: Why Parents Spank Children	E	20	Alternatives to Spanking	
	7.5 Closing Activity	B & D	----	----	
Group Session 8: Developing Family Morals and Values; Developing Family Rules	8.1 Welcome and Check-In	B & D	----	----	Session 8: Right and Wrong: Learning our Morals and Values
	8.2 Developing Family Morals and Values	C	21	9	
	8.3 Family Nurturing Time: Farmer in the Dell	B	----	----	
	8.4 Developing Family Rules	E	22	10	
	8.5 Closing Activity	B & D	----	----	
Group Session 9: Rewarding Children and Their Behavior; Punishing Children's Behavior	9.1 Welcome and Check-In	B & D	----	----	Session 9: Choices and Consequences
	9.2 Rewarding Children and Their Behavior	C	23	11	
	9.3 Family Nurturing Time: Are You Sleeping?	B	----	----	
	9.4 Punishing Children's Behavior	C	23	11	
	9.5 Closing Activity	B & D	----	----	
Group Session 10: Recognizing and Handling Feelings; Helping Your Children Handle Their Feelings	10.1 Welcome and Check-In	B & D	----	----	Session 10: Making a Group Hand Mural
	10.2 Recognizing and Understanding Feelings	B	14	----	
	10.3 Family Nurturing Time: London Bridge	B	----	----	
	10.4 Helping Your Children Handle Their Feelings	B & C	15	Alternatives to Spanking	
	10.5 Closing Activity	B & D	----	----	
Group Session 11:	11.1 Welcome and Check-In	B & D	----	----	Session 11: Painting

Session	Activity	Parenting Constructs and Program Values	Chapter in Parent Handbook	DVD	Activities in Children's Lesson Guide
Establishing a Nurturing Bath Time Routine; Establishing a Nurturing Bedtime Routine	11.2 Establishing a Nurturing Bath Time Routine	A	33	18	with Our Fingers -----
	11.3 Family Nurturing Time: Here's One Foot	B	-----	-----	
	11.4 Establishing a Nurturing Bedtime Routine	A	36	19	
	11.5 Closing Activity	B & D	-----	-----	
Group Session 12: Possessive and Violent Relationships; Keeping Our Children Safe	12.1 Welcome and Check-In	B & D	-----	-----	Session 12: Saying No to Unwanted Touch
	12.2 Possessive and Violent Relationships	D	48	-----	
	12.3 Family Nurturing Time: Here's One Foot	B	-----	-----	
	12.4 Keeping Our Children Safe	C	47	-----	
	12.5 Closing Activity	B & D	-----	-----	
Group Session 13: Understanding and Handling Stress; Helping Children Manage Their Behavior	13.1 Welcome and Check-In	B & D	-----	-----	Session 13: Don't Keep it to Yourself
	13.2 Understanding and Handling Stress	D	37	Alternatives to Spanking	
	13.3 Family Nurturing Time: Are You Sleeping?	B	-----	-----	
	13.4 Helping Children Manage Their Behavior	E	38	-----	
	13.5 Closing Activity	B & D	-----	-----	
Group Session 14: Managing Anger; Alternatives to Spanking	14.1 Welcome and Check-In	B & D	-----	-----	Session 14: Handling Our Anger
	14.2 Managing Anger	D	41 & 42	-----	
	14.3 Family Nurturing Time: Mexican Hat Dance	B	-----	-----	
	14.4 Alternatives to Spanking	C	-----	Alternatives to Spanking	
	14.5 Closing Activity	B & D	-----	-----	
<i>Home Visit 6:</i> <i>Post Program Assessment</i>	<i>This home visit occurs after Session 14 and before Session 15 to gather posttest AAPI and NSCS data.</i>	<i>B & C</i>	-----	-----	-----
Group Session 15: Families and Alcohol; Keeping Kids Drug Free; Smoking and My Child's Health	15.1 Welcome and Check-In	B & D	-----	-----	Session 15: Saying "No" to Drugs and "Yes" to Health
	15.2 Families and Alcohol	D	45	20	
	15.3 Family Nurturing Time: London Bridge	B	-----	-----	
	15.4 Keeping Kids Drug Free; Smoking and My Child's Health	B, C, D	46 & 49	-----	
	15.5 Closing Activity	B & D	-----	-----	
<i>Home Visit 7:</i> <i>Assessment Review and Planning</i>	<i>The session is designed to be implemented between group sessions 15 and 16 for the parents and home visitor to review the information generated from the assessments taken the previous session and to review the competency data as well as attendance data that was gathered throughout the program.</i>	<i>B & C</i>	-----	-----	-----
Group Session 16: Hopes and Fears; Certificates; Closing Activity	16.1 Welcome and Check-In	B & D	-----	-----	Session 16: Celebration and Certificates
	16.2 Hopes and Fears	B & E	-----	-----	
	16.3 Certificate Awards	B & E	-----	-----	
	16.4 People Power		-----	-----	
	16.5 Closing Activity	B & D	-----	-----	

Nurturing Program for Parents and Their School-Age Children[®]

Lesson Outline and Program Schedule

Model 1: Fifteen 2½ Hour Group Sessions Meeting Weekly

Parenting Constructs

- A: Inappropriate Parental Expectations
 B: Lack of Empathic Awareness of Children's Needs
 C: Strong Belief in the Use of Corporal Punishment
 D: Parent-Child Role Reversal
 E: Oppressing Children's Power & Independence

Program Values

- A: Building Self Worth through Appropriate Expectations & Success
 B: Developing Empathy & Attachment
 C: Developing Discipline with Dignity
 D: Increasing Self Awareness & Family Role Responsibilities
 E: Enhancing Empowerment in Self & Children

NP = Nurturing Lesson
 G = Self-Growth Lesson

Session	Activity	Parenting Constructs and Program Values	Lesson in Parent Handbook	DVD	Activities in Children's Lesson Guide
Group Session 1: Introductions, Hopes and Fears; Assessing Parenting Strengths; Nurturing Parenting	1.1 Welcome and Icebreaker	B & D	----	----	5-8 Years Old: Picture Yourself/Your Family Making Rules; 9 – 11 Years Old: Picture Yourself/Your Family Group Rules;
	1.2 Orientation	D	----	----	
	1.3 Hopes and Fears	B & D	----	----	
	1.4 Family Nurturing Time: Feeling Song	B	----	----	
	1.5 Assessing Parenting Strengths	D	----	----	
	1.6 Nurturing Parenting	B & D	NP1 SG1	1	
	1.7 Closing Activity	B & D	----	----	
Group Session 2: Family Morals, Values and Rules; Helping Children Manage Their Feelings; Developing Family Rules	2.1 Welcome and Check-In	B & D	----	----	5-8 Years Old: Remember My Name; Right and Wrong; Morals & Values; Values Book; Time-Out 9 – 11 Years Old: Right and Wrong; Morals & Values; Values Book; Group Family Rules
	2.2 Family Morals, Values & Rules: Helping Children Manage Their Behavior	B & C	NP2 SG2	----	
	2.3 Family Nurturing Time: Here's One Foot	B	----	----	
	2.4 Developing Family Rules	C	NP3 SG3	----	
	2.5 Closing Activity	B & D	----	----	
Group Session 3: Improving Children's Self-Worth; Praising Children and Their Behavior	3.1 Welcome and Check-In	B	----	----	5-8 Years Old: I Spy; Right and Wrong; Morals & Values; Values Book; Time-Out 9 – 11 Years Old: Right and Wrong; Morals & Values; Values Book; Group Family Rules
	3.2 Improving Children's Self-Worth	B	NP4 SG4	----	
	3.3 Family Nurturing Time: Hokey Pokey	B	----	----	
	3.4 Praising Children and Their Behavior	B	NP5 SG5	3	
	3.5 Sanctuary Relaxation	D	----	----	
	3.6 Closing Activity	B & D	----	----	
Group Session 4: Encouraging Appropriate Behavior	4.1 Welcome and Check-In	B & D	----	----	5-8 Years Old: Positive Self-Talk; Puppet Power: Positive Self-Talk; Power Painting 9 – 11 Years Old: Self-Praise; About My Future; Peer Survey
	4.2 Encouraging Appropriate Behavior Part I	C	NP6	4	
	4.3 Family Nurturing Time: Farmer in the Dell	B	----	----	
	4.4 Encouraging Appropriate Behavior Part II	A	NP6	4	
	4.5 Time-Out Relaxation	C & D	----	----	
	4.6 Closing Activity	B & D	----	----	
Group Session 5:	5.1 Welcome and Check-In	B & D	----	----	5-8 Years Old: Loud

Session	Activity	Parenting Constructs and Program Values	Lesson in Parent Handbook	DVD	Activities in Children's Lesson Guide
Needs, Empathy and Nurturing Self; Empowering Ourselves and Our Children	5.2 Needs, Empathy and Nurturing Self	D	NP7 & 8 SG6 & 7	----	and Soft; Personal Power Vests; Personal Power 9 – 11 Years Old: Personal power; Personal Power Vests; Discipline and Personal Power
	5.3 Family Nurturing Time: In and Out the Window	B	----	----	
	5.4 Empowering Ourselves and Our Children	B & D	NP9	5	
	5.5 Closing Activity	B & D	----	----	
Group Session 6: Expectations and Development of Children; Red, White and Bruises: Why Parents Spank Their Children	6.1 Welcome and Check-In	B & D	----	----	5-8 Years Old: Hurting Touch and Gentle Touch; Touching, Talking and Using Power 9 – 11 Years Old: Prejudice; The Ideal Family
	6.2 Expectations and Development of Children	A & B	NP10	----	
	6.3 Family Nurturing Time: London Bridge	B	----	----	
	6.4 Red, White and Bruises: Why Parents Spank Their Children	C & D	NP11 SG8	Red, White & Bruises	
	6.5 Closing Activity	B & D	----	----	
Group Session 7: Understanding and Handling Stress; Helping Children Manage Their Behavior	7.1 Welcome and Check-In	B & D	----	----	5-8 Years Old: Choices and Consequences; Dream; 9 – 11 Years Old: Choices and Consequences; Handling Stress
	7.2 Understanding and Handling Stress	D	NP12 SG9	7	
	7.3 Family Nurturing Time: Are You Sleeping?	B	----	----	
	7.4 Helping Children Manage Their Behavior	C	NP13	7	
	7.5 Closing Activity	B & D	----	----	
Group Session 8: Recognizing and Understanding Feelings; Owning and Communicating Our Feelings	8.1 Welcome and Check-In	B & D	----	----	5-8 Years Old: I Messages; I'm Someone Special 9 – 11 Years Old: I Statements, You Messages; Me Mobile;
	8.2 Recognizing and Understanding Feelings	C & D	NP14	----	
	8.3 Family Nurturing Time: Mexican Hat Dance	B	----	----	
	8.4 Owning and Communicating Our Feelings	C & D	NP15 SG10	8	
	8.5 Yellow Balloon Relaxation	D	----	----	
	8.5 Closing Activity	B & D	----	----	
Group Session 9: Helping Children Handle Their Feelings; Establishing Nurturing Parenting Routines	9.1 Welcome and Check-In	B & D	----	----	5-8 Years Old: Anger; Anger Masks; The Angry Puppet 9 – 11 Years Old: Handling Anger; How Do I Feel?; Anger Paintings
	9.2 Helping Children Handle Their Feelings	B	NP16 SG10	11	
	9.3 Family Nurturing Time: Feeling Song	B	----	----	
	9.4 Establishing Nurturing Parenting Routines	C	NP17	----	
	9.5 Closing Activity	B & D	----	----	
Group Session 10: Problem Solving, Decision Making, Negotiating & Compromising; Understanding and Expressing Anger; Criticism and Confrontation	10.1 Welcome and Check-In	B & D	----	----	5-8 Years Old: Saying No; No Mobile; 9 – 11 Years Old: Problem Solving and Negotiation; Sibling Rivalry;
	10.2 Problem Solving, Decision Making, Negotiating & Compromising	C & D	NP18 & 19	----	
	10.3 Family Nurturing Time: Here's One Foot	B	----	----	
	10.4 Understanding and Expressing Anger	B & C	SG19	----	
	10.5 Criticism and Confrontation	B & D	SG12	----	
	10.6 Blue Light Visualization	D	----	----	
	10.7 Closing Activity	B & D	----	----	
Group Session 11: Our Bodies, Sex, AIDS; Touch and Personal Space	11.1 Welcome and Check-In	B & D	----	----	5-8 Years Old: Our Bodies and Touch, Our Bodies and Scary Touch 9 – 11 Years Old:
	11.2 Our Bodies, Sex and AIDS	D	NP20 SG13	----	
	11.3 Family Nurturing Time: Hokey Pokey	B	----	----	

Session	Activity	Parenting Constructs and Program Values	Lesson in Parent Handbook	DVD	Activities in Children's Lesson Guide
	11.4 Touch and Personal Space	B	NP21	-----	Appropriate and Inappropriate Touch, Keeping Secrets
	11.5 Closing Activity	B & D	-----	-----	
Group Session 12: This Hurts Me More Than it Hurts You; Body Map	12.1 Welcome and Check-In	B & D	-----	-----	5-8 Years Old: I Get Scared When ___; Keeping Secrets; Don't Keep it To Yourself; Pass it On 9 – 11 Years Old: Appropriate and Inappropriate Touch, Keeping Secrets ; No Mobile
	12.2 This Hurts Me More Than It Hurts You	D	-----	Alternatives to Spanking	
	12.3 Family Nurturing Time: Are You Sleeping?	B	-----	-----	
	12.4 Body Map	B & D	SG8	-----	
	12.5 Vacation Relaxation	D	-----	-----	
	12.6 Closing Activity	B & D	-----	-----	
Group Session 13: Ignoring; Self-Expression	13.1 Welcome and Check-In	B & D	-----	-----	5-8 Years Old: Telling Others; Telling a Friend 9 – 11 Years Old: Possessions and Ownership; Giant Self Drawing; Eating Disorders
	13.2 Ignoring	C	NP22	9	
	13.3 Family Nurturing Time: Farmer in the Dell	B	-----	-----	
	13.4 Self Expression	E			
	13.5 Closing Activity	B & D	-----	-----	
Group Session 14: People, Possessions and Positive Self Talk; Families and Alcohol	14.1 Welcome and Check-In	B & D	-----	-----	5-8 Years Old: Drugs and Alcohol, Alcohol-Free Group Collage 9 – 11 Years Old: Drugs and Alcohol; Peer Pressure and Saying No; Alcohol-Free Group Collage
	14.2 People, Possessions and Positive Self Talk	D	NP23	-----	
	14.3 Family Nurturing Time: In and Out the Window	B	-----	-----	
	14.4 Families and Alcohol	D	SG14	10	
	14.5 Closing Activity	B & D	-----	-----	
Group Session 15: Hopes and Fears; Assessing Parenting Strengths; Certificate Awards; People Power	15.1 Welcome and Check-In	B & D	-----	-----	5-8 Years Old: I'm Glad I'm Me; Blanket Game 9 – 11 Years Old: Picture Yourself/Your Family
	15.2 Hopes and Fears	B & D	-----	-----	
	15.3 Assessing Parenting Strengths	D	-----	-----	
	15.4 Certificate Awards	B, C, D	-----	-----	
	15.5 People Power	A &	-----	-----	
	15.6 Closing Activity	B & D	-----	-----	

Nurturing Program for Parents Adolescents[®]

(Also available in Spanish)

Lesson Outline and Program Schedule

Model 1: Twelve 3 Hour Group Sessions Meeting Weekly

Parenting Constructs

- A: *Inappropriate Parental Expectations*
 B: *Lack of Empathic Awareness of Children's Needs*
 C: *Strong Belief in the Use of Corporal Punishment*
 D: *Parent-Child Role Reversal*
 E: *Oppressing Children's Power & Independence*

Program Values

- A: *Building Self Worth through Appropriate Expectations & Success*
 B: *Developing Empathy & Attachment*
 C: *Developing Discipline with Dignity*
 D: *Increasing Self Awareness & Family Role Responsibilities*
 E: *Enhancing Empowerment in Self & Children*

Session	Activity	Parenting Constructs and Program Values	Chapter in Parent Handbook	DVD	Activities in Adolescent Lesson Guide
Group Session 1: Introductions, Hopes and Fears, Program Description, Assessment	1.1 Welcome & Check-In; Hopes & Fears	B & D	-----	-----	Session 1: Hopes and Fears; Orientation; Assessing Parent-Teen Relationships
	1.2 Orientation	C	-----	-----	
	1.3 Assessing Parenting Strengths	D	-----	-----	
	1.4 Family Nurturing Time	B	-----	-----	
	1.5 Nurturing Parent and Teen Relationships	D	-----	#1, Part 1	
	1.6 Home Practice and Praise Circle	B & D	1	-----	
Group Session 2: Adolescence Needs; Praise for Being and Doing	2.1 Welcome and Check-In	B & D	-----	-----	Session 2: Praise for Being and Doing; Adolescent Needs
	2.2 Adolescence Needs	A	2	#1, Part 2	
	2.3 Family Nurturing Time	B	-----	-----	
	2.4 Praise for Being and Doing	B & D	2	-----	
	2.5 Sanctuary Relaxation	D	-----	-----	
	2.6 Home Practice and Praise Circle	B & D	2	-----	
Group Session 3: About Me; Do You Know Me?; Self-Affirmation Relaxation	3.1 Welcome and Check-In	B & D	-----	-----	Session 3: About Me; Do You Know Me?
	3.2 About Me	B & D	3	-----	
	3.3 Family Nurturing Time	B	-----	-----	
	3.4 Do You Know Me?	B & D	3	-----	
	3.5 Self-Affirmation Relaxation	D	-----	-----	
	3.6 Home Practice and Praise Circle	B & D	-----	-----	
Group Session 4: Taking Care of Ourselves: Getting Our Needs Met; Recognizing and Understanding Feelings	4.1 Welcome and Check-In	B & D	-----	-----	Session 4: Recognizing and Understanding Feelings; Adolescence and Teen Brain Development
	4.2 Taking Care of Ourselves: Getting Our Needs Met	B & D	4	-----	
	4.3 Family Nurturing Time	B	-----	-----	
	4.4 Recognizing and Understanding Feelings	B & D	4	-----	
	4.5 Golden Touch Relaxation	B & D	-----	-----	
	4.6 Home Practice and Praise Circle	B & D	4	-----	
Group Session 5: Parents and Teens Communication Survey; Trusting Relationships and	5.1 Welcome and Check-In	B & D	-----	-----	Session 5: Parents and Teens Communication Survey; Trusting
	5.2 Parents and Teens Communication Survey	B & C	5	-----	
	5.3 Family Nurturing Time	B			

Session	Activity	Parenting Constructs and Program Values	Chapter in Parent Handbook	DVD	Activities in Adolescent Lesson Guide
Constructive Communication	5.4 Trusting Relationships and Constructive Communication	B & D	5	#1, Part 3	Relationships and Constructive Communication
	5.5 Yellow Balloon Relaxation	D	-----	-----	
	5.6 Home Practice and Praise Circle	B & D	5	-----	
Group Session 6: Personal Power and Power Struggles; Negotiation, Compromise, Problem Solving and Decision Making	6.1 Welcome and Check-In	B & D			Session 6: Personal Power and Feeling Empowered; Negotiation, Compromise, Problem Solving and Decision Making
	6.2 Personal Power and Power Struggles	B & C	6	#1 Part 3	
	6.3 Family Nurturing Time	B	-----	-----	
	6.4 Negotiation, Compromise, Problem Solving and Decision Making	B & C	6	#1, Parts 5 and 6	
	6.5 Blue Light Relaxation	D	-----	-----	
	6.6 Home Practice and Praise Circle	B & D	6	-----	
Group Session 7: Why Teens Stop Talking and Eight Things Parents Can Do; Discipline: Family Morals, Values and Rules	7.1 Welcome and Check-In	B & D	-----	-----	Session 7: Love, Sex, STDs and AIDS; Discipline: Family Morals, Values and Rules
	7.2 Developing Empathy in Children	B & C	7	#2, Part 8	
	7.3 Family Nurturing Time	B	-----	-----	
	7.4 Discipline, Family Morals, Values and Rules	C	7	#2, Part 8	
	7.5 Family Together Visualization	D	-----	-----	
	7.6 Home Practice and Praise Circle	B & D	7	-----	
Group Session 8: Empathy and the Needs of Teens; Helping Teens Manage Their Behavior; Rewards and Punishments	8.1 Welcome and Check-In	B & D			Session 8: Bodies, Sex and Birth Control; Helping Teens Manage Their Behavior
	8.2 Empathy and the Needs of Teens	B	8	#1, Part 2	
	8.3 Family Nurturing Time	B	-----	-----	
	8.4 Helping Teens Manage Their Behavior: Rewards and Punishments	C	8	#2, Part 10	
	8.5 Vacation Relaxation	B & D	-----	-----	
	8.6 Home Practice and Praise Circle	B & D	8	-----	
Group Session 9: Understanding and Handling Stress; Family And Drug/Alcohol Use	9.1 Welcome and Check-In	B & D	-----	-----	Session 9: Peer Pressure; Family And Drug/Alcohol Use
	9.2 Understanding and Handling Stress	B	9	#3, Part 11	
	9.3 Family Nurturing Time	B	-----	-----	
	9.4 Families and Drug/Alcohol Use	D	9	#3, Part 12	
	9.5 Power Affirmation	D	-----	-----	
	9.6 Home Practice and Praise Circle	B & D	9	-----	
Group Session 10: Understanding and Handling Anger; Violent and Possessive Relationships	10.1 Welcome and Check-In	B & D	-----	-----	Session 10: Handling Stress and Anger, Violent and Possessive Relationships
	10.2 Understanding and Handling Anger	B & D	9	-----	
	10.3 Family Nurturing Time	B	-----	-----	
	10.4 Violent and Possessive Relationships	D	9	#3, Part 14	
	10.5 Home Practice and Praise Circle	B & D	9	-----	
Group Session 11: Teen Developmental	11.1 Welcome and Check-In	B & D	-----	-----	Session 11: Teen Developmental
	11.2 Teen Development Issues	B	11	-----	

Session	Activity	Parenting Constructs and Program Values	Chapter in Parent Handbook	DVD	Activities in Adolescent Lesson Guide
Issues; Self and Family Growth	11.3 Family Nurturing Time	B	-----	-----	Issues; Self and Family Growth
	11.4 Self and Family Growth	B & D	11	-----	
	11.5 Home Practice and Praise Circle	B & D	-----	-----	
Group Session 12: Hopes & Fears; Assessing Parenting Strengths; Certificate Awards Ceremony;	12.1 Welcome and Check-In	B & D	-----	-----	Session 12: Certificate Awards Ceremony
	12.2 Hopes and Fears	B & D	12	-----	
	12.3 Assessing Parenting Strengths	D	-----	-----	
	12.4 Family Nurturing Time	B	-----	-----	
	12.5 Home Practice and Praise Circle	B & D	12	-----	
	12.6 Certificate Awards Ceremony	B & D	-----	-----	

Nurturing Program for Young (Teen) Parents and Their Families®

(Also available in Spanish)

Lesson Outline and Program Schedule

Model 1: Fifty 1½ Hour Home Visits Meeting Weekly

Parenting Constructs

- A: Inappropriate Parental Expectations
- B: Lack of Empathic Awareness of Children's Needs
- C: Strong Belief in the Use of Corporal Punishment
- D: Parent-Child Role Reversal
- E: Oppressing Children's Power & Independence

Program Values

- A: Building Self Worth through Appropriate Expectations & Success
- B: Developing Empathy & Attachment
- C: Developing Discipline with Dignity
- D: Increasing Self Awareness & Family Role Responsibilities
- E: Enhancing Empowerment in Self & Children

Lesson	Parenting Constructs and Program Values	Chapter in Parent Handbooks	DVD
Lesson 1: Orientation, Hopes and Fears	ALL	1	----
Lesson 2: Being a Teenage Parent in My Family	ALL	----	Part 21: Being a Teen Parent
Lesson 3: Assessing Parenting Strengths	ALL	----	Part 1: The Nurturing Program for Parents and Their Infants, Toddlers and Preschoolers
Lesson 4: Nurturing Parenting Philosophy and Foundation	B	2	Part 1: The Nurturing Program for Parents and Their Infants, Toddlers and Preschoolers
Lesson 5: About Me and My Family	A	----	----
Lesson 6: The Male and Female Brain	A	----	----
Lesson 7: Children's Brain Development	A	3	----
Lesson 8: Expectations and Development of Children	A	----	Part 2: Ages and Stages: Having Appropriate Expectations of Children
Lesson 9: Ages & Stages: Infant, Toddler and Preschooler Development	A	4, 5, 6, 7, 8	Parts 3, 4, 5: Understanding the Growth and Development of Infants, Toddlers and Preschoolers
Lesson 10: Giving and Receiving Praise	C	9	Part 12: Praising Your Children and Their Behavior
Lesson 11: Nurturing as a Lifestyle	B	----	----
Lesson 12: The Importance of Touch	B	10	Nurturing Touch: An Instruction in the Art of Infant Massage
Lesson 13: Learning to Massage Infants	B	----	----
Lesson 14: Developing Empathy in Children	B	11	Part 6: Developing Empathy: Teaching Children to Care
Lesson 15: Parents' and Children's Needs	B	12	----
Lesson 16: Recognizing and Understanding Feelings	B	13	----
Lesson 17: Helping Children Handle Their Feelings	B	----	----
Lesson 18: Improving Self-Worth	E	14	----
Lesson 19: Personal Power and Power Struggles	E	15	Part 7: Developing Personal Power in Children and Adults
Lesson 20: Understanding Discipline	C	16	Part 8: Setting Limits and Boundaries: Creating Discipline for Infants, Toddlers and Preschoolers
Lesson 21: Red, White & Bruises	C	17	Alternatives to Spanking "Red White and Bruises: Why Parents Spank Their Children"
Lesson 22: Family Morals & Values	C	18	Part 9: Helping Children Develop Morals and Values
Lesson 23: Developing Family Rules	C	19	Part 10: Developing Family Rules

Lesson	Parenting Constructs and Program Values	Chapter in Parent Handbooks	DVD
Lesson 24: Rewards and Punishments for Young Children	C	20	Part 11: Rewards and Punishments as Consequences to Behavior
Lesson 25: Punishing Children's Behavior	C	20	Part 11: Rewards and Punishments as Consequences to Behavior
Lesson 26: Time Out	C	20	Part 13: Using Time Out to Help Children Learn Appropriate Behavior
Lesson 27: Alternatives to Corporal Punishment	C	----	"I'm Only Doing This For Your Own Good"
Lesson 28: Child Proofing Your Home	C	22	----
Lesson 29: Verbal and Physical Redirection	C	23	Part 14: Verbal and Physical Redirection
Lesson 30: Touch, Personal Space and Date Rape	D	24	----
Lesson 31: Body Map	C	----	----
Lesson 32: Love and Rejection	D	----	----
Lesson 33: Possessive and Violent Relationships	D	----	----
Lesson 34: Love, Sex, STDs and AIDS	D	25	Part 22: That's All Guys Want
Lesson 35: Bodies, Sex, and Birth Control	D	26	----
Lesson 36: Establishing Nurturing Parenting Routines	B	27	Part 15: Establishing Nurturing Parenting Routines
Lesson 37: Smoking and My Child's Health	B, C, & D	28	----
Lesson 38: Establishing a Nurturing Diapering and Dressing Routine	A & B	29	Part 16: Establishing a Nurturing Diapering and Dressing Routine
Lesson 39: Alcohol and Drugs	D	30	Part 23: "Saying' No, Walkin' Cool
Lesson 40: Establishing a Nurturing Feeding Time Routine	A & B	31	Part 17: Establishing a Nurturing Feeding Time Routine
Lesson 41: Peer Pressure	E	33	----
Lesson 42: Establishing a Nurturing Bath Time Routine	A & B	34	Part 18, Establishing a Nurturing Bath Time Routine
Lesson 43: Understanding and Handling Stress	D	35	"Help Me Make It Through the Night"
Lesson 44: Establishing a Nurturing Bed Time Routine	A & B	36	Part 19: Establishing a Nurturing Bed Time Routine
Lesson 45: Understanding and Expressing Anger	D	37	----
Lesson 46: Helping Children Manage Their Behavior	E	39	----
Lesson 47: Criticism and Confrontation	C	40	----
Lesson 48: Ignoring	C	41	----
Lesson 49: Toilet Training	C	42	----
Lesson 50: Hopes, Fears, Assessment, and Celebration	B & D		----

Nurturing Program for Young (Teen) Parents and Their Families®

(Also available in Spanish)

Lesson Outline and Program Schedule

Model 2: Twenty-six 2½ Hour Group Sessions Meeting Weekly

Parenting Constructs

- A: Inappropriate Parental Expectations
- B: Lack of Empathic Awareness of Children's Needs
- C: Strong Belief in the Use of Corporal Punishment
- D: Parent-Child Role Reversal
- E: Oppressing Children's Power & Independence

Program Values

- A: Building Self Worth through Appropriate Expectations & Success
- B: Developing Empathy & Attachment
- C: Developing Discipline with Dignity
- D: Increasing Self Awareness & Family Role Responsibilities
- E: Enhancing Empowerment in Self & Children

Session	Activity	Parenting Constructs and Program Values	Chapter in Parent Handbook	DVD	Activities in Children's Lesson Guide
Group Session 1: Welcome and Orientation; Being a Teen Parent	1.1 Welcome, Check-In and Icebreaker	B & D	----	----	Session 1: Picture Yourself; Picture Your Family
	1.2 Orientation and Group Rules	C	----	----	
	1.3 Hopes and Fears	B & D	----	----	
	1.4 Family Nurturing Time: Feeling Song	B	----	----	
	1.5 Being a Teenage Parent in My Family	B & D	----	21	
	1.6 Closing Activity	C & D	----	----	
Group Session 2: About Me; Assessing Parenting Strengths; Nurturing Program for Teen Parents and Their Families	2.1 Welcome and Check-In	B & D	----	----	Session 2: Getting to Know You
	2.2 About Me	B & D	----	----	
	2.3 Family Nurturing Time: Here's One Foot	A	----	----	
	2.4 Assessing Parenting Strengths	D	----	----	
	2.5 Nurturing Program for Teen Parents and Their Families		1 & 2	1	
	2.6 Closing Activity	B & D	----	----	
Group Session 3: The Male and Female Brain, Children's Brain Development	3.1 Welcome and Check-In	B & D	----	----	Session 3: Praise and Criticism
	3.2 The Male and Female Brain	A	3	----	
	3.3 Family Nurturing Time: In and Out the Window	B	----	----	
	3.4 Children's Brain Development	A & B	3	6	
	3.5 Closing Activity	B & D	----	----	
Group Session 4: Expectations and Development of Children; Ages & Stages	4.1 Welcome and Check-In	B & D	----	----	Session 4: Having Fun and Playing Games
	4.2 Ages & Stages: Expectations and Development of Children	A & B	4, 5, 6, 7	2	
	4.3 Family Nurturing Time: Farmer in the Dell	B	----	----	
	4.4 Ages & Stages: Developmental Stages of Infants, Toddlers and Preschoolers	A	8	3, 4, 5	
	4.5 Closing Activity	B & D	----	----	Session 5: Strength Bombardment
Group Session 5: Giving and Receiving Praise; Nurturing as a	5.1 Welcome and Check-In	B & D	----	----	
	5.2 Giving and Receiving Praise	A & B	9	12	
	5.3 Family Nurturing Time: Mexican Hat Dance	B	----	----	

Session	Activity	Parenting Constructs and Program Values	Chapter in Parent Handbook	DVD	Activities in Children's Lesson Guide
Lifestyle	5.4 Nurturing as a Lifestyle	A & B	----	----	
	5.5 Closing Activity	B & D	----	----	
Group Session 6: "Importance of Nurturing Touch; Infant & Child Massage	6.1 Welcome and Check-In	B & D	----	----	Session 6: Dancing and Painting with Marbles
	6.2 The Importance of Touch	B	10	Nurturing Touch	
	6.3 Family Nurturing Time: Developmental Expectations	A	----	----	
	6.4 Learning to Massage Infants	A & B	----	----	
	6.5 Closing Activity	B & D	----	----	
Group Session 7: Developing Empathy in Children; Parents' and Children's Needs	7.1 Welcome and Check-In	B & D	----	----	Session 7: Communicating How "I" Feel
	7.2 Developing Empathy	B	11	6	
	7.3 Family Nurturing Time: Hokey Pokey	B	----	----	
	7.4 Parents' and Children's Needs	B	12	----	
	7.5 Closing Activity	B & D	----	----	
Group Session 8: Recognizing and Understanding Feelings; Helping Children Handle Their Feelings	8.1 Welcome and Check-In	B & D	----	----	Session 8 Making a Group Hand Mural
	8.2 Recognizing and Understanding Feelings	B & D	----	----	
	8.3 Family Nurturing Time: London Bridge	B	----	----	
	8.4 Helping Your Children Handle Their Feelings	B & C	----	----	
	8.5 Closing Activity	B & D	----	----	
Group Session 9: Improving Self-Worth, Personal Power and Power Struggles	9.1 Welcome and Check-In	B & D	----	----	Session 9: Positive Self-Talk
	9.2 Improving Self-Worth	C	14	----	
	9.3 Family Nurturing Time: Are You Sleeping?	B	----	----	
	9.4 Personal Power and Power Struggles	B & D	15	7	
	9.5 Closing Activity	B & D	----	----	
Group Session 10: Make-up, Skin Care, Hair Care	10.1 Welcome and Check-In	B & D	----	----	Session 10: Personal Power
	10.2 Make-Up, Skin Care, Hair Care	B & D	----	----	
	10.3 Family Nurturing Time: Feeling Song	B	----	----	
	10.4 Make-Up, Skin Care, Hair Care continued	B & D	----	----	
	10.5 Closing Activity	B & D	----	----	
Group Session 11: Understanding Discipline; Red, White and Bruises: Why Parents Spank Their Children	11.1 Welcome and Check-In	B & D	----	----	Session 11: Hurting Touch and Gentle Touch
	11.2 Understanding Discipline	C	16	8	
	11.3 Family Nurturing Time: Here's One Foot	B	----	----	
	11.4 Red, White & Bruises: Why Parents Spank Their Children	C & D	----	Alternatives to Spanking	
	11.5 Closing Activity	B & D	----	----	
Group Session 12: Developing Family Morals & Values; Developing Family Rules	12.1 Welcome and Check-In	B & D	----	----	Session 12: Right and Wrong: Learning our Morals and Values
	12.2 Developing Family Morals and Values	C	----	9	
	12.3 Family Nurturing Time: In and Out the Window	B	----	----	
	12.4 Developing Family Rules	C	19	10	
	12.5 Closing Activity	B & D	----	----	

Session	Activity	Parenting Constructs and Program Values	Chapter in Parent Handbooks	DVD	Activities in Children's Lesson Guide
Group Session 13: Rewarding Children & Their Behavior; Punishing Children's Behavior	13.1 Welcome and Check-In	B & D	----	----	Session 13: Choices and Consequences
	13.2 Rewards and Punishments for Young Children	C	20	11	
	13.3 Family Nurturing Time: The Farmer in the Dell	B	----	----	
	13.4 Punishing Children's Behavior	C	20	11	
	13.5 Closing Activity	B & D	----	----	
Group Session 14: Time-Out; Alternatives to Corporal Punishment	14.1 Welcome and Check-In	B & D	----	----	Session 14: Our Bodies and Scary Touch
	14.2 Time Out	B	21	13	
	14.3 Time Out Relaxation	B & D	----	----	
	14.4 Family Nurturing Time: Hokey Pokey	B	----	----	
	14.5 Alternatives to Corporal Punishment	C	----	3	
	14.6 Closing Activity	B & D	----	----	
Group Session 15: Child-Proofing Your Home; Verbal & Physical Redirection	15.1 Welcome and Check-In	B & D	----	----	Session 15: Time Out
	15.2 Time Out	B & C	22	13	
	15.3 Family Nurturing Time: Review of Massage	B	----	----	
	15.4 Verbal & Physical Redirection	C	23	14	
	15.5 Closing Activity	B & D	----	----	
Group Session 16: Touch, Personal Space and Date Rape; Body Map; Vacation Relaxation	16.1 Welcome and Check-In	B & D	----	----	Session 16: Time Out Review
	16.2 Touch, Personal Space and Date Rape	B	24	----	
	16.3 Family Nurturing Time: Mexican Hat Dance	B	----	----	
	16.4 Body Map	B & D	----	----	
	16.5 Vacation Relaxation	D	----	----	
	16.6 Closing Activity	B & D	----	----	
Group Session 17: Love & Rejection; Possessive and Violent Relationships; Sanctuary Relaxation	17.1 Welcome and Check-In	B & D	----	----	Session 17: Hurting Touch and Gentle Touch
	17.2 Love and Rejection	D	----	----	
	17.3 Family Nurturing Time: London Bridge	B & E	----	----	
	17.4 Possessive and Violent Relationships	D	24	----	
	17.5 Sanctuary Relaxation	D	----	----	
	17.6 Closing Activity	B & D	----	----	
Group Session 18: Love, Sex, STDs & AIDS; Bodies, Sex, Birth Control; Sanctuary Relaxation	18.1 Welcome and Check-In	B & D	----	----	Session 18: Keeping Our Self Safe
	18.2 Love, Sex, STDs and AIDS	D	25	22	
	18.3 Family Nurturing Time: Feeling Song	B	----	----	
	18.4 Bodies, Sex, Birth Control	D	26	----	
	18.5 Sanctuary Relaxation	D	----	----	
	18.6 Closing Activity	B & D	----	----	
Group Session 19: Establishing Nurturing Parenting Routines; Smoking and My Child's Health	19.1 Welcome and Check-In	B & D	----	----	Session 19: Painting with Our Fingers
	19.2 Establishing Nurturing Parenting Routines	A & B	27	15	
	19.3 Family Nurturing Time: Here's One Foot	B	----	----	
	19.4 Smoking and My Child's Health	B & D	28	19	

Session	Activity	Parenting Constructs and Program Values	Chapter in Parent Handbooks	DVD	Activities in Children's Lesson Guide
	19.5 Closing Activity	B & D	----	----	
Group Session 20: Establishing a Nurturing Diapering and Dressing Routine; Alcohol and Drugs	20.1 Welcome and Check-In	B & D	----	----	Session 20: Protecting Our Bodies
	20.2 Nurturing Diapering and Dressing Routine	B	29	16	
	20.3 Family Nurturing Time: In and Out the Window	B	----	----	
	20.4 Alcohol and Drugs	A & D	30	23	
	20.5 Closing Activity	B & D	----	----	
Group Session 21: Establishing a Nurturing Feeding Time Routine; Peer Pressure	21.1 Welcome and Check-In	B & D	----	----	Session 21: Don't Keep it to Yourself
	21.2 Establishing a Nurturing Feeding Time Routine	B	31	17	
	21.3 Family Nurturing Time: The Farmer in the Dell	B	----	----	
	21.4 Peer Pressure	D	33	----	
	21.5 Closing Activity	B & D	----	----	
Group Session 22: Establishing a Nurturing Bath Time Routine; Understanding and Handling Stress	22.1 Welcome and Check-In	B & D	----	----	Session 22: Handling Our Anger
	22.2 Establishing a Nurturing Bath Time Routine	A & B	34	18	
	22.3 Family Nurturing Time: Mexican Hat Dance	B	----	----	
	22.4 Understanding and Handling Stress	C & D	35	1	
	22.5 Closing Activity	B & D	----	----	
Group Session 23: Establishing a Nurturing Bed Time Routine; Understanding and Expressing Anger	23.1 Welcome and Check-In	B & D	----	----	Session 23: Saying "No" to Unwanted Touch
	23.2 Establishing a Nurturing Bed Time Routine	A & B	36	19	
	23.3 Family Nurturing Time: Hokey Pokey	B	----	----	
	23.4 Understanding and Expressing Anger	C & D	38	----	
	23.5 Closing Activity	B & D	----	----	
Group Session 24: Helping Children Manage Their Behavior; Criticism and Confrontation	24.1 Welcome and Check-In	B & D	----	----	Session 24: Saying "No" to Drugs and "Yes" to Health
	24.2 Helping Children Manage Their Behavior	C	39	20	
	24.3 Family Nurturing Time: London Bridge	B	----	----	
	24.4 Criticism and Confrontation	B & D	40	----	
	24.5 Blue Light Relaxation	D	----	----	
	24.6 Closing Activity	B & D	----	----	
Group Session 25: Ignoring; Toilet Training	25.1 Welcome and Check-In	B & D	----	----	Session 25: Telling Others
	25.2 Ignoring	C	41	----	
	25.3 Family Nurturing Time: Feeling Song	B	----	----	
	25.4 Toilet Training	A & B	42	----	
	25.5 Closing Activity		----	----	
Group Session 26: Hopes & Fears; Assessing Parenting Strengths; Certificate Awards	26.1 Welcome and Check-In	B & D	----	----	Session 26: Celebration and Certificates
	26.2 Hopes & Fears; Assessment; Celebration	B & D	2	----	
	26.3 Assessing Parenting Strengths	D	----	----	
	26.4 Certificate Awards	B & D	----	----	
	26.5 People Power	A & B	----	----	
	26.6 Closing Activity	B & D			

Nurturing Program for Young (Teen) Parents and Their Families®

(Also available in Spanish)

Lesson Outline and Program Schedule

Model 3: Sixteen 2½ Hour Group Sessions Meeting Weekly with 7 Home Visits

Parenting Constructs

- A: Inappropriate Parental Expectations
 B: Lack of Empathic Awareness of Children's Needs
 C: Strong Belief in the Use of Corporal Punishment
 D: Parent-Child Role Reversal
 E: Oppressing Children's Power & Independence

Program Values

- A: Building Self Worth through Appropriate Expectations & Success
 B: Developing Empathy & Attachment
 C: Developing Discipline with Dignity
 D: Increasing Self Awareness & Family Role Responsibilities
 E: Enhancing Empowerment in Self & Children

Session	Activity	Parenting Constructs and Program Values	Chapter in Parent Handbook	DVD
<i>Home Visit 1:</i> <i>Getting Acquainted; Program Description; Assessment</i>	<i>This home visit occurs prior to the first group session. The purpose is to get to know the family and to gather pre-program AAPI and NSCS assessment data.</i>	B&C	----	----
Group Session 1: Introductions; Hopes and Fears, Program Description, Positive and Negative Thinking	1.1 Welcome and Icebreaker	D	----	----
	1.2 Orientation	D	----	----
	1.3 Hopes and Fears	B & D	----	----
	1.4 Family Nurturing Time: Feeling Song	B	----	----
	1.5 Positive and Negative Thinking	B & D	----	----
	1.6 Closing Activity	B & D	----	----
<i>Home Visit 2:</i> <i>Family Nurturing Plan; Assessment Review and Panning</i>	<i>This home visit occurs after group session # 1 and before group session # 2. The purpose is to review the AAPI and NSCS results and set parenting goals.</i>	All	----	----
Group Session 2: Being a Teen Parent in My Family; The Seven Principles of Nurturing Parenting	2.1 Welcome and Check-In	B & D	----	----
	2.2 The Seven Principles of Nurturing Parenting	All	1	1
	2.3 Family Nurturing Time: In and Out the Window	B	----	----
	2.4 Being a Teen Parent in My Family	D	----	21
	2.5 Closing Activity	B & D	----	----
<i>Home Visits 3, 4, 5</i>	<i>These home visits are scheduled <u>as needed</u> when the parents or the program facilitators see that the parents are struggling in learning the lesson competencies. These home visits are tutorial in nature.</i>			----
Group Session 3: Children's and Teens Brain Development; Male and Female Brain	3.1 Welcome and Check-In	B & D	----	----
	3.2 Children's Brain Development	A	2	----
	3.3 Family Nurturing Time: Here's One Foot	B	----	----
	3.4 Teen Brain Development; The Male and Female Brain	A & B	3, 4 & 11	Adolescence: It's Normal for Teen to Act Weird
	3.5 Closing Activity	B & D	----	----

Session	Activity	Parenting Constructs and Program Values	Chapter in Parent Handbook	DVD
Group Session 4: Expectations and Development of Children: Ages & Stages: Infant, Toddler and Preschooler	4.1 Welcome and Check-In	B & D	----	----
	4.2 Expectations and Development of Children	B	5	2
	4.3 Family Nurturing Time: Farmer in the Dell	B	----	----
	4.4 Ages & Stages: Infant, Toddler, and Preschooler	A	6, 7, & 8	3, 4, & 5
	4.5 Closing Activity	B & D	----	----
Group Session 5: Meeting Our Needs and the Needs of Our Children; Developing Personal Power in Children and Adults	5.1 Welcome and Check-In	B & D	----	----
	5.2 Meeting Our Needs and the Needs of Our Children	B	10	----
	5.3 Family Nurturing Time: Hokey Pokey	B	----	----
	5.4 Developing Personal Power in Children and Adults	E	10	7
	5.5 Closing Activity	B & D	----	----
Group Session 6: Improving Children's Self-Worth; Praising Children and Their Behavior	6.1 Welcome and Check-In	B&D	----	----
	6.2 Improving Children's Self-Worth	E	11	----
	6.3 Family Nurturing Time: In and Out the Window	B	----	----
	6.4 Praising Children and Their Behavior	A & C	12	12
	6.5 Closing Activity	B & D	----	----
Group Session 7: Understanding Discipline; Red, White & Bruises: Why Parents Spank Children	7.1 Welcome and Check-In	B & D	----	----
	7.2 Understanding Discipline	C	13	8
	7.3 Family Nurturing Time: Here's One Foot	B	----	----
	7.4 Red, White & Bruises: Why Parents Spank Children	E	14	Alternatives to Spanking
	7.5 Closing Activity	B & D	----	----
Group Session 8: Developing Family Morals and Values; Developing Family Rules	8.1 Welcome and Check-In	B & D	----	----
	8.2 Developing Family Morals and Values	C	15	9
	8.3 Family Nurturing Time: Farmer in the Dell	B	----	----
	8.4 Developing Family Rules	E	22	10
	8.5 Closing Activity	B & D	----	----
Group Session 9: Rewarding Children and Their Behavior; Punishing Children's Behavior	9.1 Welcome and Check-In	B & D	----	----
	9.2 Rewarding Children and Their Behavior	C	17	11
	9.3 Family Nurturing Time: Are You Sleeping?	B	----	----
	9.4 Punishing Children's Behavior	C	17	11
	9.5 Closing Activity	B & D	----	----
Group Session 10: Recognizing and Handling Feelings; Helping Your Children Handle Their Feelings	10.1 Welcome and Check-In	B & D	----	----
	10.2 Recognizing and Understanding Feelings	B	18	----
	10.3 Family Nurturing Time: London Bridge	B	----	----
	10.4 Helping Your Children Handle Their Feelings	B & C	19	Alternatives to Spanking
	10.5 Closing Activity	B & D	----	----
Group Session 11: Establishing a Nurturing Bath Time Routine; Establishing a Nurturing Bedtime Routine	11.1 Welcome and Check-In	B & D	----	----
	11.2 Establishing a Nurturing Bath Time Routine	A & B	20	18
	11.3 Family Nurturing Time: Here's One Foot	B	----	----
	11.4 Establishing a Nurturing Bedtime Routine	A & B	21	19

Session	Activity	Parenting Constructs and Program Values	Chapter in Parent Handbook	DVD
	11.5 Closing Activity	B & D	-----	-----
Group Session 12: Possessive and Violent Relationships; Keeping Our Children Safe	12.1 Welcome and Check-In	B & D	-----	-----
	12.2 Possessive and Violent Relationships	D	22	
	12.3 Family Nurturing Time: Here's One Foot	B	-----	-----
	12.4 Keeping Our Children Safe	C	22	
	12.5 Closing Activity	B & D	-----	-----
Group Session 13: Understanding and Handling Stress; Touch, Personal Space and Date Rape	13.1 Welcome and Check-In	B & D	-----	-----
	13.2 Understanding and Handling Stress	D	23	Alternatives to Spanking
	13.3 Family Nurturing Time: Are You Sleeping?	B	-----	-----
	13.4 Touch, Personal Space and Date Rape	E	24	-----
	13.5 Closing Activity	B & D	-----	
Group Session 14: Managing Anger; Alternatives to Spanking	14.1 Welcome and Check-In	B & D	-----	
	14.2 Managing Anger	D		
	14.3 Family Nurturing Time: Mexican Hat Dance	B		
	14.4 Alternatives to Spanking	C		Alternatives to Spanking
	14.5 Closing Activity	B & D	-----	-----
<i>Home Visit 6:</i> <i>Post Program Assessment</i>	<i>This home visit occurs after Session 14 and before Session 15 to gather posttest AAPI and NSCS data.</i>	<i>B & C</i>	-----	-----
Group Session 15: Love, Sex, STDs and AIDS; Our Bodies, Sex, and Birth Control	15.1 Welcome and Check-In	B & D	-----	-----
	15.2 Love, Sex, STDs and AIDS	D	27	22
	15.3 Family Nurturing Time: Mexican Hat Dance	B	-----	-----
	15.4 Our Bodies, Sex, and Birth Control	B, C, D	26	
	15.5 Closing Activity	B & D	-----	-----
<i>Home Visit 7:</i> <i>Assessment Review and Planning</i>	<i>The session is designed to be implemented between group sessions 15 and 16 for the parents and the home visitor to review the information generated from the assessments taken the previous session and to review the competency data as well as attendance data that was gathered throughout the program.</i>	<i>B & C</i>	-----	-----
Group Session 16: Hopes and Fears; Certificates; Closing Activity	16.1 Welcome and Check-In	B & D	-----	-----
	16.2 Hopes and Fears	B & E	-----	-----
	16.3 Certificate Awards	B & E	-----	-----
	16.4 People Power		-----	-----
	16.5 Closing Activity	B & D	-----	-----

Nurturing Program for Families in Substance Abuse Treatment & Recovery®

Lesson Outline and Program Schedule

Model 1: Seventeen 90-Minute Group Sessions Meeting Weekly

Parenting Constructs

- A: Inappropriate Parental Expectations
- B: Lack of Empathic Awareness of Children's Needs
- C: Strong Belief in the Use of Corporal Punishment
- D: Parent-Child Role Reversal
- E: Oppressing Children's Power & Independence

Program Values

- A: Building Self Worth through Appropriate Expectations & Success
- B: Developing Empathy & Attachment
- C: Developing Discipline with Dignity
- D: Increasing Self Awareness & Family Role Responsibilities
- E: Enhancing Empowerment in Self & Children

Extended family members who may be parenting children of substance abusing adults. Families come in many shapes and sizes, and substance abuse by one member of a family affects all members of a family. Therefore, the entire family can benefit from treatment, and from parenting services. *Success & enjoyment of this curriculum can be enhanced when it is used as part of a program of services for the whole family. To achieve that, this program may also be used in conjunction with other Nurturing Program curricula, either as a first course or as an adjunct to those curricula which incorporate parent-child activities.*

Session	Activity	Parenting Constructs & Program Values
Topic 1: Hope	Introduction of Staff	General
	Getting to Know You	D
	Introduction to Principles	C
	Additional Group Rules	C
	Program Values	C
	Overview of Sessions	D
	Program Evaluation	C
	Seated Aerobics	D
	Hopes	C & B
	Wrap-Up	B
Topic 2: Growth & Trust	Welcome	D
	Seated Aerobics	D
	Practice in Trust – Block Game	B
	Processing the Game	D
	Developing the Rainbow	B & D
	Development of Recovery	A
	Development of Parenthood	A & B
	Wrap-Up	B
Topic 3: Families & Substance Abuse	Welcome & Icebreaker	D
	Concept Presentation - Families	B
	Family Portraits	D
	Wrap-Up	B

Session	Activity	* Parenting Constructs & Program Values
Topic 4: Feelings	Welcome & Icebreaker	D
	Range of Feelings	B
	Nurturing, Neglectful & Hurtful Responses	B
	Children's Feelings	B
	Large Group Activity – Discussion	D
	Small Group Activity - Discussion	E
	Wrap-Up	B
Topic 5: Self-Esteem	Welcome & Icebreaker	A
	Concept Presentation: What is Self-Esteem?	A
	Positive & Negative Self-Esteem	A
	Promoting Positive Self-Esteem	A
	Promoting Positive Self-Esteem in Children	B
	Wrap-Up	B
Topic 6: Communication	Welcome & Icebreaker	D
	Concept Presentation: Substance Abuse: Its Effects on Communication	B & D
	Communication of Denial	B
	Communication of Remorse	B
	Communication of Blame	B
	Effects of Distortions	D
	Words that Hurt	B & C
	Our Baggage	D
	Family Role Play	B & D
	Wrap-Up	B
Topic 7: Confrontation & Problem Solving	Welcome & Icebreaker	D
	Criticism & Confrontation	C & E
	"I" Statements & "You" Messages	C & E
	Examples & Non-Examples	C & E
	Family Role Play	B & D
	Problem Solving	E
	Wrap-Up	B
Topic 8: Body Talk	Welcome & Icebreaker	D
	Touch	A & B
	H& Massage	A & B
	Discussion	A & D
	Body Talk – How Babies Do It	A & B
	The Baby's Job	A & B
	Wrap-Up	B

Session	Activity	Parenting Constructs & Program Values
Topic 9: What Babies Teach Us	Welcome & Icebreaker	D
	Expectations	A
	Calming	B
	Reworking Infancy	A
	Wrap-Up	B
Topic 10: Managing Stress	Welcome & Icebreaker	D
	Stress in adults	B & E
	Dealing with Stress	B & E
	Ways of Managing Stress	B & E
	Optional Exercise: Identifying Stress on the Body	D & E
	Visualization	D
	"Safe Place" Picture	D
	Wrap-Up	B
Topic 11: Setting Boundaries	Welcome & Icebreaker	D
	Body Bubble	D & E
	Exploring Personal Boundaries	D & E
	Drawing Boundaries	D & E
	Wrap-Up	B
Topic 12: Schedules & Routines	Welcome & Icebreaker	D
	Understanding the Importance of Routines: Group Brainstorming	C
	Calendar Game	D
	Nurturing Routines	A & B
	Building Routines: What Babies & Toddlers Teach Us	A & D
	Home Practice – Home Safety Checklist	A & E
	Wrap-Up	B
Topic 13: Safety & Protecting Children	Welcome & Icebreaker	D
	Experiences of Being Protected	B & D
	Safe Environment Baby Proofing Game	A & C
	Protection Planning: Teaching Children about Protecting Themselves	A & C
	Safe Practices	A & C
	Home Safety Checklists	A & C
	What if My Child is Assaulted?	A & E
	Wrap-Up	B

Session	Activity	Parenting Constructs & Program Values
Topic 14: Guiding Behavior	Welcome & Icebreaker	D
	Praise	B
	Paired Praise	B
	Guiding Behavior	B
	Other Techniques	D
	Group Brainstorming	D
	Video, "This Hurts Me More Than It Hurts You"	B & C
	Wrap-Up	B
Topic 15: Knowing Our Values	Welcome & Icebreaker	D
	Childhood Dreams	D
	Role Play: Reworking "Purpose" in Adulthood	B & D
	Values	C & B
	Situation/Statement Flash Cards	C
	Celebration Planning	D
	Wrap-Up	B
Topic 16: Recovery, Loss & Love	Welcome & Icebreaker	D
	Losses	B
	Addiction Story	D
	Grieving	B
	Managing Losses in the Family	B & E
	Planning the Celebration	D
	Wrap-Up	B
Topic 17: Having Fun	Evaluation	C
	Celebration	D & B
	Graduation	A & B
	Thank You's	A & B
	Wrap-Up	B

The ABC's of Parenting®

School Based Program for Parents and Their Young Children

Lesson Outline and Program Schedule

Model 1: Seven 2 Hour Group Sessions Meeting Weekly

Parenting Constructs

- A: Inappropriate Parental Expectations
 B: Lack of Empathic Awareness of Children's Needs
 C: Strong Belief in the Use of Corporal Punishment
 D: Parent-Child Role Reversal
 E: Oppressing Children's Power & Independence

Program Values

- A: Building Self Worth through Appropriate Expectations & Success
 B: Developing Empathy & Attachment
 C: Developing Discipline with Dignity
 D: Increasing Self Awareness & Family Role Responsibilities
 E: Enhancing Empowerment in Self & Children

Session	Activity	Parenting Constructs and Program Values	Chapter in Parent Handbook	DVD	Activities in Children's Lesson Guide	
Group Session 1: Why Are We Here?; Praise and Criticism	1.1 Icebreaker: My Name is _____	B & D	Building Blocks	-----	Session 1: Expectations and Developmental Stages of Children; Praise	
	1.2 Orientation and Assessment	C	Intro	-----		
	1.3 Developmental Stages	A & B	1 & 2	#1		
	10 Minute Break					
	1.4 Praising Children and Their Behavior	B & C	3	#2, Part 1		
	1.5 Home Practice Assignment, Evaluation, Closing	B & D	HPA	-----		
	1.6 Children's Parade	D	-----	-----		
Group Session 2: Developing Empathy in Children; Parents' and Children's Needs	2.1 Welcome and Check-In	B & D	Building Blocks	-----	Session 2: Developing Empathy; Parents' and Children's Needs	
	2.2 Developing Empathy in Children	B	4	#3		
	10 Minute Break					
	2.3 Parents' and Children's Needs	B	5	-----		
	2.4 Home Practice and Praise Circle	B & D	HPA	-----		
	2.5 Children's Parade	D	-----	-----		
Group Session 3: Improving Children's Self-Worth; Building Personal Power	3.1 Welcome and Check-In	B & D	Building Blocks	-----	Session 3: Developing Personal Power in Children and Adults	
	3.2 Improving Children's Self-Worth	A & B	6	-----		
	10 Minute Break					
	3.3 Building Personal Power	E	7	#4		
	3.4 Home Practice Assignment, Evaluation, Closing	B & D	HPA	-----		
	3.5 Children's Parade	D	-----	-----		
Group Session 4: Family Morals and Values; Developing Family Rules	4.1 Welcome and Check-In	B & D	Building Blocks	-----	Session 4: Helping Children Develop Morals and Values; Family Rules	
	4.2 Family Morals and Values	C	8	#5		
	10 Minute Break					
	4.3 Developing Family Rules	C	10	#6		
	4.4 Home Practice and Praise Circle	B & D	HPA	-----		
	4.5 Children's Parade	D	-----	-----		

Session	Activity	Parenting Constructs and Program Values	Chapter in Parent Handbook	DVD	Activities in Children's Lesson Guide
Group Session 5: Rewards and Punishments; Punishing Children's Behavior	5.1 Welcome and Check-In	B & D	Building Blocks	-----	Session 5: Rewards and Punishments as Consequences to Behavior
	5.2 Rewards and Punishments	C	9	#7	
	10 Minute Break-----				
	5.3 Punishing Children's Behavior	C		#7	
	5.4 Home Practice and Praise Circle	B & D	HPA	-----	
5.5 Children's Parade	D	-----	-----		
Group Session 6: This Hurts Me More Than It Hurts You; Helping Children Manage Their Behavior	6.1 Welcome and Check-In	B & D	Building Blocks	-----	Session 6: Helping Children Manage Their Behavior
	6.2 This Hurts Me More Than it Hurts You	C	-----	This Hurts...	
	10 Minute Break				
	6.3 Helping Children Manage Their Behavior	C	13	-----	
	6.4 Home Practice and Praise Circle	B & D	HPA	-----	
6.5 Children's Parade	D	-----	-----		
Group Session 7: Understanding and Handling Stress; Helping Children Cope; Celebrating Personal and Group Accomplishments	7.1 Welcome and Check-In	B & D	Building Blocks	-----	Session 7: Understanding and Handling Stress
	7.2 Understanding and Handling Stress	B	-----	I'm Only... Part 1	
	10 Minute Break				
	7.3 Helping Children Cope	B & E	-----	-----	
	7.4 Assessment and People Power	D	-----	-----	
7.5 Celebrating Personal and Group Accomplishments	B	-----	-----		

Nurturing Skills for Families™

Lesson Outline and Program Schedule

Model 1: Eighty Lessons 60 to 90 Minutes in Length designed to create agency-based parenting programs

Nurturing Skills for Families™ is an innovative program designed to empower parents and parent educators in creating customized, competency based parenting programs to meet the specific needs of families. NSF is a compilation of 80 lessons that are presented in the **Lesson Guide for Parents** each lasting between sixty to ninety minutes. There are 85 corresponding lessons presented in the **Lesson Guide for Children** of varying times. The lessons are taken from the evidenced-based Nurturing Parenting Programs for Parents and Their Infants, Toddlers and Preschoolers®, and Parents and Their School Age Children®. Based on the assessed needs of the family, parents and parent educators work together and select competency based lessons from the curriculum to form a parenting program that is customized to meet the specific needs of the families. Lessons can be taught in a home setting, in a group setting, or in a combination group and home setting.

Levels of prevention presented in the **Lesson Guide for Parents** assists staff in determining the dosage (number of lessons) that will constitute the length. Lessons are presented in 15 Parenting Competency Areas and three Supplemental Competency Areas for special targeted populations. Lessons are also presented by parenting Construct Area as measured by the AAPI-2.

Nurturing Parenting Lessons by Competency Area

Note: An asterisk * before the Lesson denotes the Lesson is a Nurturing Parenting Core Competency

Competency Area One: Getting Started and Assessment.....	1
Lesson 1.1 Welcome; Hopes & Fears; Orientation	2
Lesson 1.2 Assessing Parenting Strengths.....	4
Lesson 1.3 Change, Growth & Letting Go.....	5
Lesson 1.4 About Me.....	8
Lesson 1.5 My Life Script	9
Competency Area Two: Nurturing Parenting.....	10
* Lesson 2.1 Nurturing as a Lifestyle	11
* Lesson 2.2 Nurturing Parenting.....	14
Competency Area Three: Cultural Parenting Traditions.....	16
Lesson 3.1 A Celebration of Culture.....	17
Lesson 3.2 Cultural Values.....	19
Lesson 3.3 Cultural Parenting Practices	21
Competency Area Four: Developing Spirituality in Parenting	22
Lesson 4.1 Spirituality and Family.....	23
Lesson 4.2 Ways to Increase Spirituality	25
Lesson 4.3 Spirituality and Culture.....	27
Lesson 4.4 Nurturing Parenting Builds Spirituality	28
Competency Area Five: Making Good Choices.....	29
* Lesson 5.1 Smoking and My Child's Health.....	30
* Lesson 5.2 Families and Alcohol.....	32
* Lesson 5.3 Keeping Kids Drug Free.....	33

* Lesson 5.4	Our Bodies and Sex.....	36
Lesson 5.5	Love, Sex, STDs and AIDS	38
Lesson 5.6	Dating, Love and Rejection.....	41
Lesson 5.7	Touch, Personal Space and Date Rape	43
* Lesson 5.8	Possessive and Violent Relationships	46
Competency Area Six: Growth and Development of Children		48
* Lesson 6.1	Children's Brain Development	50
* Lesson 6.2	The Male & Female Brain	52
* Lesson 6.3	Expectations and Development of Children	55
* Lesson 6.4	Ages and Stages: Infant Development	57
* Lesson 6.5	Ages and Stages: Toddler Development.....	58
* Lesson 6.6	Ages and Stages: Preschooler Development.....	59
Lesson 6.7	Skill Strips and Review	60
* Lesson 6.8	Nutrition and Mealtime	61
Lesson 6.9	Toilet Training	62
* Lesson 6.10	Keeping My Children Safe	64
Competency Area Seven: The Importance of Touch		68
* Lesson 7.1	The Importance of Parent/Child Touch.....	69
* Lesson 7.2	Infant and Child Massage	71
Lesson 7.3	Body Map: Examining Touch History.....	72
Competency Area Eight: Developing Empathy		74
* Lesson 8.1	Developing Empathy.....	75
* Lesson 8.2	Parents' and Children's Needs	78
Lesson 8.3	Spoiling Your Children	80
Competency Area Nine: Managing and Communicating Feelings.....		82
* Lesson 9.1	Recognizing and Understanding Feelings.....	83
* Lesson 9.2	Helping Children Learn to Handle Their Feelings.....	85
* Lesson 9.3	Criticism and Confrontation.....	87
* Lesson 9.4	Problem Solving, Decision Making, Negotiation and Compromise	89
Competency Area Ten: Managing Anger and Stress		92
* Lesson 10.1	Understanding and Handling Stress	93
* Lesson 10.2	Understanding and Expressing Anger	95
Lesson 10.3	Stress Relaxation: Sanctuary	97
Lesson 10.4	Stress Relaxation: Blue Light	98
Competency Area Eleven: Understanding Discipline.....		99
* Lesson 11.1	Improving Self-Worth	101
* Lesson 11.2	Building Personal Power; Power Struggles	104
* Lesson 11.3	Helping Children Manage Their Behavior.....	106
* Lesson 11.4	Understanding Discipline	109
* Lesson 11.5	Developing Family Morals and Values	110
* Lesson 11.6	Developing Family Rules	112
* Lesson 11.7	Child Proofing Your Home	114

Competency Area Twelve: Rewards and Punishments	115
* Lesson 12.1 Rewarding Children and Their Behavior	116
* Lesson 12.2 Punishing Children’s Behavior	118
* Lesson 12.3 Praising Children and Their Behavior	120
* Lesson 12.4 Time-Out.....	122
Competency Area Thirteen: Alternatives to Spanking	124
* Lesson 13.1 Why Parents Spank Their Children	125
* Lesson 13.2 Alternatives to Spanking	127
* Lesson 13.3 Verbal & Physical Redirection	128
Lesson 13.4 Ignoring Inappropriate Behavior	130
Competency Area Fourteen: Establishing Nurturing Parenting Routines	131
* Lesson 14.1 Establishing Nurturing Parenting Routines.....	132
* Lesson 14.2 Establishing a Nurturing Diapering and Dressing Routine	133
* Lesson 14.3 Establishing a Nurturing Feeding Time Routine	134
* Lesson 14.4 Establishing a Nurturing Bath Time Routine.....	135
* Lesson 14.5 Establishing a Nurturing Bed Time Routine.....	136
Competency Area Fifteen: Celebration and Assessment	138
Lesson 15.1 Closing Ceremony	139
<u>Parenting for Special Populations</u>	
Competency Area Sixteen: Prenatal Parenting	141
Lesson 16.1 Being Pregnant	142
Lesson 16.2 Changes in Me and You	143
Lesson 16.3 Body Image	146
Lesson 16.4 Keeping Our Bodies and Babies Healthy	147
Lesson 16.5 Health and Nutrition	149
Lesson 16.6 Fetal Development and Fears	152
Competency Area Seventeen: Foster & Adoptive Parents	154
Lesson 17.1 "Conceiving" Foster or Adoptive Children.....	155
Lesson 17.2 Being a Foster or Adoptive parent.....	156
Lesson 17.3 Bonding with Foster and Adoptive Children	159
Lesson 17.4 Attachment, Separation and Loss.....	160
Lesson 17.5 Integrating Children into a Family	163
Lesson 17.6 Expectations on Foster and Adopted Children	164
Lesson 17.7 Setting up Parent Visitations (Foster Parents only)	166
Competency Area Eighteen: Working with Developmentally Disabled and Special Needs Parents	167

Nurturing Parenting Lessons by AAPI-2 Constructs

Note: An **asterisk *** before the Lesson denotes the Lesson is a **Nurturing Parenting Core Competency**

Getting Started

Lesson 1.1	Welcome; Hopes & Fears; Orientation	2
Lesson 1.2	Assessing Parenting Strengths.....	4

Construct A: Appropriate Expectations of Children

* Lesson 6.1	Children’s Brain Development	50
* Lesson 6.2	The Male & Female Brain	52
* Lesson 6.3	Expectations and Development of Children	55
* Lesson 6.4	Ages and Stages: Infant Development	57
* Lesson 6.5	Ages and Stages: Toddler Development.....	58
* Lesson 6.6	Ages and Stages: Preschooler Development.....	59
Lesson 6.7	Skill Strips and Review	60
* Lesson 6.8	Nutrition and Mealtime	61
Lesson 6.9	Toilet Training	62
* Lesson 6.10	Keeping My Children Safe	64
* Lesson 14.1	Establishing Nurturing Parenting Routines.....	132
* Lesson 14.2	Establishing a Nurturing Diapering and Dressing Routine	133
* Lesson 14.3	Establishing a Nurturing Feeding Time Routine	134
* Lesson 14.4	Establishing a Nurturing Bath Time Routine.....	135
* Lesson 14.5	Establishing a Nurturing Bed Time Routine.....	136

Construct B: Developing Empathy in Parents and Children

* Lesson 2.1	Nurturing as a Lifestyle	11
* Lesson 2.2	Nurturing Parenting.....	14
Lesson 4.1	Spirituality and Family	23
Lesson 4.2	Ways to Increase Spirituality	25
Lesson 4.4	Nurturing Parenting Builds Spirituality	28
* Lesson 5.1	Smoking and My Child’s Health.....	30
* Lesson 5.3	Keeping Kids Drug Free.....	33
* Lesson 7.1	The Importance of Parent/Child Touch.....	69
* Lesson 7.2	Infant and Child Massage	71
Lesson 7.3	Body Map: Examining Touch History.....	72
* Lesson 8.1	Developing Empathy.....	75
* Lesson 8.2	Parents’ and Children’s Needs	78
Lesson 8.3	Spoiling Your Children	80
* Lesson 9.1	Recognizing and Understanding Feelings.....	83
* Lesson 9.2	Helping Children Learn to Handle Their Feelings.....	85
* Lesson 9.3	Criticism and Confrontation	87
* Lesson 9.4	Problem Solving, Decision Making, Negotiation and Compromise	89

Construct C: Discipline with Dignity

* Lesson 11.4	Understanding Discipline	109
* Lesson 11.5	Developing Family Morals and Values	110
* Lesson 11.6	Developing Family Rules	112
* Lesson 11.7	Child Proofing Your Home	114
* Lesson 12.1	Rewarding Children and Their Behavior	116

* Lesson 12.2	Punishing Children’s Behavior	118
* Lesson 12.3	Praising Children and Their Behavior	120
* Lesson 12.4	Time-Out	122
* Lesson 13.1	Why Parents Spank Their Children	125
* Lesson 13.2	Alternatives to Spanking	127
* Lesson 13.3	Verbal & Physical Redirection	128
Lesson 13.4	Ignoring Inappropriate Behavior	130

Construct D: Self-Awareness and Appropriate Family Roles

Lesson 1.3	Change, Growth & Letting Go.....	5
Lesson 1.4	About Me.....	8
Lesson 1.5	My Life Script	9
Lesson 3.1	A Celebration of Culture.....	17
Lesson 3.2	Cultural Values.....	19
Lesson 3.3	Cultural Parenting Practices	21
Lesson 4.3	Spirituality and Culture.....	27
* Lesson 5.2	Families and Alcohol.....	32
* Lesson 10.1	Understanding and Handling Stress	93
* Lesson 10.2	Understanding and Expressing Anger	95
Lesson 10.3	Stress Relaxation: Sanctuary	97
Lesson 10.4	Stress Relaxation: Blue Light	98

Construct E: Empowerment and Independence

* Lesson 5.4	Our Bodies and Sex.....	36
Lesson 5.5	Love, Sex, STDs and AIDS	38
Lesson 5.6	Dating, Love and Rejection.....	41
Lesson 5.7	Touch, Personal Space and Date Rape	43
* Lesson 5.8	Possessive and Violent Relationships	46
* Lesson 6.10	Keeping My Children Safe	64
* Lesson 8.2	Parents’ and Children’s Needs	78
* Lesson 11.1	Improving Self-Worth	101
* Lesson 11.2	Building Personal Power; Power Struggles	104
* Lesson 11.3	Helping Children Manage Their Behavior.....	106

Nurturing Skills for Teen Parents™

Lesson Outline and Program Schedule

Model 1: Fifty-Nine Lessons 60 to 90 Minutes in Length designed to create agency-based teen parenting programs

Nurturing Skills for Teen Parents™ is an innovative program designed to empower parents and parent educators in creating customized, competency based parenting programs to meet the specific needs of teen parents. NSTP is a compilation of 59 lessons that are presented in the **Lesson Guide for Teen Parents** each lasting between sixty to ninety minutes. There are 85 corresponding lessons presented in the **Lesson Guide for Children** of varying times. The lessons are taken from the evidenced-based Nurturing Parenting Programs for Parents and Their Infants, Toddlers and Preschoolers® and Teen Parents and Their Families®. Based on the assessed needs of the family, parents and parent educators work together and select competency based lessons from the curriculum to form a parenting program that is customized to meet the specific needs of the teens. Lessons can be taught in a home setting, in a group setting, or in a combination group and home setting.

Levels of prevention presented in the **Lesson Guide for Teen Parents** assists staff in determining the dosage (number of lessons) that will constitute the length. Lessons are presented in 15 Parenting Competency Areas and three Supplemental Competency Areas for special targeted populations. Lessons are also presented by parenting Construct Area as measured by the AAPI-2.

Nurturing Parenting Lessons by Competency Area

Note: An asterisk * before the Lesson denotes the Lesson is a Nurturing Parenting Core Competency

Introduction

Creating and Implementing Your Own Nurturing Skills Program..... 1

Competency Area One: Getting Started and Assessment 4

- Lesson 1.1 Welcome 5
- Lesson 1.2 Description and Orientation 6
- Lesson 1.3 Hopes and Fears 7
- Lesson 1.4 Assessing Parenting Strengths..... 8

Competency Area Two: Nurturing Parenting Philosophy 9

- * Lesson 2.1 Nurturing Parenting 10
- * Lesson 2.2 Nurturing as a Lifestyle 12

Competency Area Three: Being a Teen Parent..... 14

- Lesson 3.1 Being a Teen Parent 15
- * Lesson 3.2 Smoking and My Child's Health 17
- Lesson 3.3 Alcohol and Drugs..... 19

Competency Area Four: Being a Teenager 22

- Lesson 4.1 Dating, Love and Rejection..... 23
- * Lesson 4.2 Bodies, Sex and Birth Control 25
- * Lesson 4.3 Love, Sex, STDs and AIDS 28
- Lesson 4.4 Peer Pressure 31
- Lesson 4.5 Touch, Personal Space and Date Rape 33
- * Lesson 4.6 Possessive and Violent Relationships..... 36
- * Lesson 4.7 Families and Alcohol Use 38

Competency Area Five: Growth and Development of Children	40
* Lesson 5.1 Children’s Brain Development.....	41
* Lesson 5.2 The Male & Female Brain.....	43
* Lesson 5.3 Expectations and Development of Children	46
* Lesson 5.4 Ages and Stages: Infant Development.....	48
* Lesson 5.5 Ages and Stages: Toddler Development.....	49
* Lesson 5.6 Ages and Stages: Preschooler Development	50
Lesson 5.7 Skill Strips and Review	51
* Lesson 5.8 Nutrition and Mealtime.....	52
Lesson 5.9 Toilet Training	53
Competency Area Six: The Importance of Touch.....	55
* Lesson 6.1 The Importance of Parent/Child Touch	56
* Lesson 6.2 Infant and Child Massage.....	58
Lesson 6.3 Body Map: Examining Touch History.....	59
Competency Area Seven: Developing Empathy	61
* Lesson 7.1 Developing Empathy	62
* Lesson 7.2 Parents’ and Children’s Needs.....	65
Lesson 7.3 Spoiling Your Children	67
Competency Area Eight: Managing and Expressing Feelings.....	69
* Lesson 8.1 Recognizing and Understanding Feelings	70
* Lesson 8.2 Helping Children Learn to Handle Their Feelings	72
* Lesson 8.3 Understanding and Handling Stress.....	74
* Lesson 8.4 Understanding and Expressing Anger.....	76
Lesson 8.5 Sanctuary Relaxation.....	78
Lesson 8.6 Blue Light Relaxation	79
Competency Area Nine: Understanding Discipline	80
* Lesson 9.1 Helping Children Manage Their Behavior	81
* Lesson 9.2 Understanding Discipline.....	84
* Lesson 9.3 Developing Family Morals and Values	85
* Lesson 9.4 Developing Family Rules.....	86
* Lesson 9.5 Child Proofing Your Home.....	88
Competency Area Ten: Rewarding Children’s Appropriate Behavior.....	89
* Lesson 10.1 Giving and Receiving Praise	90
* Lesson 10.2 Rewarding Children and Their Behavior	92
Competency Area Eleven: Punishing Children’s Inappropriate behavior	94
* Lesson 11.1 Punishing Children’s Behavior	95
* Lesson 11.2 Time-Out.....	97
Competency Area Twelve: Alternatives to Spanking	99
* Lesson 12.1 Why Parents Hit Their Children.....	100
* Lesson 12.2 Verbal & Physical Direction	102
Lesson 12.3 Ignoring Inappropriate Behaviors.....	104
* Lesson 12.4 Alternatives to Spanking.....	106

Competency Area Thirteen: Developing Nurturing Parenting Routines	107
* Lesson 13.1 Establishing Nurturing Parenting Routines.....	108
* Lesson 13.2 Establishing a Nurturing Diapering and Dressing	110
* Lesson 13.3 Establishing a Nurturing Feeding Time Routine.....	111
* Lesson 13.4 Establishing a Nurturing Bath Time Routine	112
* Lesson 13.5 Establishing a Nurturing Bed Time Routine	113
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It's All About Being a Teen™

Developing Nurturing Values and Skills in Adolescents

Lesson Outline and Program Schedule

Model 1: Ninety-nine 60-90 minute lessons that are selected by staff to tailor make an instructional program for teens. Prevention levels described in the Instructor's Manual, personal history and assessed educational needs assist staff in determining the length and content of the lessons.

Competency Area	Lesson	Lesson Handouts	Other Instructional Materials
Competency Area 1: Welcome and Introduction; Understanding the Nurturing Philosophy of Life			
	1.1 Welcome and Program Orientation; Hopes and Fears	----	----
	1.2 Nurturing as a Lifestyle	1.2 Nurturing as a Lifestyle	
	1.3 Nurturing and Our Personality	1.3 Nurturing and Our Personality	
	1.4 Positive and Negative Nurturing Worlds	----	----
Competency Area 2: Developmental Issues Facing Teens			
	2.1 Adolescence and Teen Brain Development	2.1 Adolescence: It's Normal for Teens to Act Weird	DVD program: "Adolescence: It's Normal for Teens to Act Weird"
	2.2 Differences Between Male and Female Brain	2.2 Male and Female Brain Quiz	----
	2.3 Adolescent Needs	2.3 Adolescent Needs	----
	2.4 A Plan to Get My Needs Met	2.4 A Plan to Get My Needs Met	----
Competency Area 3: Becoming Aware of Myself			
	3.1 Nurturing Myself	3.1 Positive Ways to Nurture My Self	
	3.2 About Me and My Childhood	----	----
	3.3 About My Future	----	----
	3.4 Personal Traits	3.4 Trait Checklist	----
	3.5 Self Ingredients	3.5 Individual Profile	----
	3.5 My Outer Self	3.5 Individual Profile	----
	3.7 My Inner Self	3.5 Individual Profile	----
	3.8 Touch	----	----
	3.7 Gay and Lesbian Teens	3.7 Gay and Lesbian Teens	----
Competency Area 4: Building My Positive Self-Worth			
	4.1 Self-Concept and Self-Esteem	----	----
	4.2 Behavior and Self-Image	----	----
	4.3 Personal Power	4.3 Personal Power and Personal Power Worksheet	----
	4.4 Praise for Being and Doing	4.4 Praise for Being and Doing	----
	4.5 Self-Praise	----	----
	4.6 Praising Others	----	----
	4.7 Labels	----	----

Competency Area	Lesson	Lesson Handouts	Other Instructional Materials
	4.8 Labels and Positive Self-Talk	----	----
	4.9 Strength Bombardment	----	----
Competency Area 5: Managing and Expressing My Feelings	5.1 Four Primary Feelings	5.1 Four Primary Feelings	----
	5.2 Recognizing and Understanding Feelings	----	----
	5.3 Feelings	----	----
	5.4 Handling Anger	5.4 Anger Management Plan	----
	5.5 Anger Gauge	5.5 Anger Gauge	----
	5.6 Handling Stress – Part I	5.6 Handling My Stress	----
	5.7 Handling Stress – Part II	5.6 Reducing Stress	----
	5.8 Loss and Separation	----	----
	5.9 Handling Death	----	----
Competency Area 6: Building My Positive Communication Skills	6.1 I Statements, You Messages	6.1 I Statements-You Messages: Communicating Thoughts and Feelings	----
	6.2 Criticism and Confrontation	6.2 Criticism and Confrontation	----
	6.3 Gibberish	----	----
	6.4 Body Language	----	----
	6.5 Negotiation – Part I	6.5 Negotiation as Communication	----
	6.6 Negotiation – Part II	----	----
	6.7 Problem Solving/Decision Making – Part I	6.7 Problem Solving and Decision Making Worksheet	----
	6.8 Problem Solving/Decision Making – Part II	----	----
Competency Area 7: Friends, Peer Pressure and Bullies	7.1 Characteristics of a Friend	----	----
	7.2 Peer Survey	7.2 Peer Survey	----
	7.3 Understanding and Handling Peer Pressure	7.3 Understanding and Handling Peer Pressure	----
	7.4 Understanding and Handling Bullies	7.4 Understanding and Handling Bullies	----
Competency Area 8: Love and Dating	8.1 Sex and Sexuality	----	----
	8.2 Love and Sex	----	----
	8.3 Feelings of Love	----	----
	8.4 Feelings of Rejection	----	----
	8.5 Dating	8.5 Dating Bill of Rights	----
	8.6 Understanding and Preventing Date Rape	8.6 Date Rape and Ways to Prevent It	----
	8.7 Body Bubble	----	----
	8.8 Saying "No"	----	----
Competency Area 9: Sex and Sexuality	9.1 Anatomy	----	----
	9.2 Sexual Myths	----	----
	9.3 Sex and My Values	9.3 My Beliefs and My Parents' Beliefs	----

Competency Area	Lesson	Lesson Handouts	Other Instructional Materials
	9.4 My Beliefs and My Parents' Beliefs About Sex	9.3 My Beliefs and My Parents' Beliefs	
	9.5 Pregnancy Delay – Part I	-----	Health Care Professional
	9.6 Pregnancy Delay – Part II	-----	-----
	9.7 Sexually Transmitted Diseases	9.7 Sexually Transmitted Diseases	-----
	9.8 HIV/AIDS	9.8 Myths and Facts About HIV/AIDS	-----
Competency Area 10: Drug and Alcohol Prevention	10.1 Facts on Drugs and Alcohol	10.1 Facts on Drugs and Alcohol	
	10.2 Drugs and Alcohol	-----	-----
	10.3 Peer Pressure	-----	-----
	10.4 Families and Chemical Use	-----	-----
	10.5 Families and Alcohol Use	10.5 Steps to Keeping Kids Drug Free and Chemical Use Questionnaire	DVD: Part 20 - Drinking and Parenting Don't Mix
	10.6 Smoking and My Health	10.6 Smoking and My Health	-----
Competency Area 11: Teen Mental Health Issues	11.1 Eating Disorders: Anorexia and Bulimia	11.1 Anorexia and Bulimia	-----
	11.2 Binge Eating	11.2 Binge Eating	-----
	11.3 Body Dysmorphic Disorder	11.3 Body Dysmorphic Disorder	-----
	11.4 Why is Body Image Important to Self-Esteem?	11.4 Body Image and Self-Esteem	-----
	11.5 Depression	11.5 Depression	-----
	11.6 Cutting	11.6 Cutting	-----
	11.7 Suicide	11.7 Suicide	-----
Competency Area 12: Being Safe on the Internet; Safe Texting	12.1 My Cyber World	12.1 My Cyber World	-----
	12.2 Understanding Cyber bullying	12.2 Cyber bullying Stats and Facts	-----
	12.3 Cyber bullying Tactics	12.3 Cyber bullying Tactics	-----
	12.4 Safe Texting	12.4 Safe Texting	-----
Competency Area 13: Building Positive Parent-Teen Relationships	13.1 Nurturing Parent and Teen Relationships	-----	DVD: Nurturing Parent and Teen Relationships
	13.2 Parent and Teen Communication Survey	13.2 Parent and Teen Communication Survey	-----
	13.3 My Beliefs and My Parents' Beliefs	13.3 My Beliefs and My Parents' Beliefs	-----
	13.4 Family Communication	13.4 Family in a Room	-----
	13.5 Family Activities	-----	Nurturing Game
Competency Area 14: My Family	14.1 My Ideal Family	14.1 Characteristics of an Ideal Family	-----
	14.2 My Family	14.2 Characteristics of My Family	-----
	14.3 Family Album – My Mother	14.3 My Mother	-----
	14.4 Family Album – My Father	14.4 My Father	-----
	14.5 Family Album – My Siblings	14.5 My Siblings	-----

Competency Area	Lesson	Lesson Handouts	Other Instructional Materials
	14.6 Family Album – My Extended Family	14.6 My Extended Family	-----
	14.7 Personal Values	14.7 Ten Things I Value	-----
	14.8 Family Values	14.8 Family Values Worksheet	-----
Competency Area 15:			
Being a Family	15.1 Family Roles	-----	-----
	15.2 Family Rules	15.2 Family Rules	-----
	15.3 Sibling Conflict	-----	-----
	15.4 Domestic Violence	15.4 Domestic Violence	Optional: Professional from the local Domestic Violence Shelter
	15.5 Divorce	-----	-----