

Nurturing Parenting Program for Teenage Parents and Their Children®

Home-Based Program - Table of Contents

Home Visit 1: Orientation, Hopes & Fears	1
Home Visit 2: Being a Teenage Parent in My Family	4
Home Visit 3: Assessing Parenting Strengths	6
Home Visit 4: Nurturing Parenting Philosophy and Foundation.....	8
Home Visit 5: About Me and My Family	10
Home Visit 6: The Male and Female Brain.....	11
Home Visit 7: Children’s Brain Development	15
Home Visit 8: Expectations and Development of Children	18
Home Visit 9: Ages & Stages: Infant, Toddler and Preschooler Development	21
Home Visit 10: Giving and Receiving Praise.....	23
Home Visit 11: Nurturing as a Lifestyle	26
Home Visit 12: The Importance of Touch	29
Home Visit 13: Learning to Massage Infants.....	31
Home Visit 14: Developing Empathy in Children	33
Home Visit 15: Parents’ and Children’s Needs.....	36
Home Visit 16: Recognizing and Understanding Feelings	40
Home Visit 17: Helping Children Handle Their Feelings.....	44
Home Visit 18: Improving Self-Worth.....	46
Home Visit 19: Personal Power and Power Struggles	50
Home Visit 20: Understanding Discipline	54
Home Visit 21: Red, White & Bruises	57
Home Visit 22: Family Morals & Values.....	59
Home Visit 23: Developing Family Rules	61
Home Visit 24: Rewards and Punishments for Young Children.....	63
Home Visit 25: Punishing Children’s Behavior.....	66
Home Visit 26: Time-Out.....	69
Home Visit 27: Alternatives to Corporal Punishment.....	71
Home Visit 28: Child Proofing Your Home.....	72

Home Visit 29: Verbal & Physical Redirection	73
Home Visit 30: Touch, Personal Space and Date Rape	75
Home Visit 31: Body Map	79
Home Visit 32: Love and Rejection	81
Home Visit 33: Possessive and Violent Relationships.....	83
Home Visit 34: Love, Sex, STDs and AIDS	85
Home Visit 35: Bodies, Sex, Birth Control.....	89
Home Visit 36: Establishing Nurturing Parenting Routines	93
Home Visit 37: Smoking and My Child’s Health	95
Home Visit 38: Establishing a Nurturing Diapering and Dressing Routine.....	98
Home Visit 39: Alcohol and Drugs	100
Home Visit 40: Establishing a Nurturing Feeding Time Routine	104
Home Visit 41: Peer Pressure.....	106
Home Visit 42: Establishing a Nurturing Bath Time Routine.....	108
Home Visit 43: Understanding and Handling Stress.....	110
Home Visit 44: Establishing a Nurturing Bedtime Routine	113
Home Visit 45: Understanding and Expressing Anger	115
Home Visit 46: Helping Children Manage Their Behavior	119
Home Visit 47: Criticism and Confrontation	123
Home Visit 48: Ignoring.....	126
Home Visit 49: Toilet Training	128
Home Visit 50: Hopes, Fears, Assessment & Celebration	131
Family Home Practice Assignments	132