

CONTENTS

Introduction *i*

1. HOPE *1*
2. GROWTH & TRUST *11*
3. FAMILIES & SUBSTANCE USE *25*
4. FEELINGS *31*
5. SELF-ESTEEM *39*
6. COMMUNICATION *49*
7. CONFRONTATION & PROBLEM SOLVING *63*
8. BODY TALK *73*
9. WHAT BABIES TEACH US *83*
10. MANAGING STRESS *93*
11. SETTING BOUNDARIES *103*
12. SCHEDULES & ROUTINES *113*
13. SAFETY & PROTECTING CHILDREN *123*
14. GUIDING BEHAVIOR *135*
15. KNOWING OUR VALUES *145*
16. RECOVERY: LOSS & LOVE *153*
17. HAVING FUN *161*

Material for Fathers

- BEING A FATHER, PART 1 *167*
- BEING A FATHER, PART 2 *173*
- CHALLENGES *179*

Appendices *185*