

Nurturing Skills for Families  
**Family Nurturing Plan (FNP) Staff**  
Version

Stephen J. Bavolek, Ph.D.

**COMPLETE A FAMILY NURTURING PLAN FOR EACH FAMILY**

Beginning Date \_\_\_\_\_ Completion Date \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Parent Educator's Name

\_\_\_\_\_  
Agency

**PARENTS:**

_____ <b>Mother's Name</b> Is Mother present in the home? Yes _____ No _____ _____ Phone (Home): _____ _____ Phone (Work): _____ _____ Phone (Cell): _____ _____ Email: _____ _____ Address: _____ _____ City: _____ _____ State: _____ Zip Code: _____ _____	_____ <b>Father's Name</b> Is Father present in the home? Yes _____ No _____ _____ Phone (Home): _____ _____ Phone (Work): _____ _____ Phone (Cell): _____ _____ Email: _____ _____ Address: _____ _____ City: _____ _____ State: _____ Zip Code: _____ _____
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**CHILDREN:**

<b>Child's Name</b> <b>Age</b> 1. _____ _____ 2. _____ _____	<b>Child's Father's Name</b> _____ _____
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3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## Nurturing Skills for Families Index of Parenting Competencies

Stephen J. Bavolek, Ph.D.

Date: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Completed By: \_\_\_\_\_

Create your Family Nurturing Plan by selecting lessons you feel would best build your Nurturing Parenting Skills. Lessons are presented by **Competency Area** and by the five **Parenting Constructs** of the Adult-Adolescent Parenting Inventory (AAPI-2). Write the date in the **Selected Lessons Column**. The lessons selected form the basis of your program. Lessons can be added or deleted as necessary. Lessons 1.1 to 1.4 are recommended in beginning your program.

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

### Parenting Constructs of the AAPI-2:

**A:** Expectations of Children    **B:** Developing Empathy    **C:** Appropriate Discipline    **D:** Appropriate Family Roles    **E:** Empowering Children

Competency Area	Parenting Construct					Page in Lesson Guide	Selected Lessons (Date)	Date Completed
<b>One: Getting Started and Assessment</b>						1		
Lesson 1.1 Welcome; Hopes & Fears; Orientation (recommended)						2		
Lesson 1.2 Assessing Parenting Strengths (recommended)						4		
Lesson 1.3 Change, Growth & Letting Go (recommended)				D		5		
Lesson 1.4 About Me (recommended)				D		8		
Lesson 1.5 My Life Script				D		9		
<b>Two: Nurturing Parenting</b>						10		
* Lesson 2.1 Nurturing as a Lifestyle		B				11		
* Lesson 2.2 Nurturing Parenting		B				14		

<b>Three: Cultural Parenting Traditions</b>						<b>16</b>		
Lesson 3.1 A Celebration of Culture				<b>D</b>		<b>17</b>		
Lesson 3.2 My Cultural Values				<b>D</b>		<b>19</b>		
Lesson 3.3 Cultural Parenting Practices				<b>D</b>		<b>21</b>		
<b>Four: Developing Spirituality in Parenting</b>						<b>22</b>		
Lesson 4.1 Spirituality and Family		<b>B</b>				<b>23</b>		
Lesson 4.2 Ways to Increase Spirituality		<b>B</b>				<b>25</b>		
Lesson 4.3 Spirituality and Culture				<b>D</b>		<b>27</b>		
Lesson 4.4 Nurturing Parenting Builds Spirituality		<b>B</b>				<b>28</b>		
<b>Competency Area</b>	<b>Parenting Construct</b>				<b>Page in Lesson Guide</b>	<b>Selected Lessons</b>	<b>Date Completed</b>	
<b>Five: Making Good Choices</b>						<b>29</b>		
* Lesson 5.1 Smoking and My Child's Health		<b>B</b>				<b>30</b>		
* Lesson 5.2 Families and Alcohol				<b>D</b>		<b>32</b>		
* Lesson 5.3 Keeping Kids Drug Free		<b>B</b>			<b>E</b>	<b>33</b>		
* Lesson 5.4 Our Bodies and Sex					<b>E</b>	<b>36</b>		
Lesson 5.5 Love, Sex, STDs and AIDS					<b>E</b>	<b>38</b>		
Lesson 5.6 Dating, Love and Rejection					<b>E</b>	<b>41</b>		
Lesson 5.7 Touch, Personal Space and Date Rape					<b>E</b>	<b>43</b>		
* Lesson 5.8 Possessive and Violent Relationships					<b>E</b>	<b>46</b>		
<b>Six: Growth and Development of Children</b>						<b>48</b>		
* Lesson 6.1 Children's Brain Development		<b>A</b>				<b>50</b>		
* Lesson 6.2 The Male & Female Brain		<b>A</b>				<b>52</b>		
* Lesson 6.3 Expectations and Development of Children		<b>A</b>				<b>55</b>		
* Lesson 6.4 Ages and Stages: Infant Development		<b>A</b>				<b>57</b>		

* Lesson 6.5	Ages and Stages: Toddler Development	A					58			
* Lesson 6.6	Ages and Stages: Preschooler Development	A					59			
Lesson 6.7	Skill Strips and Review	A					60			
* Lesson 6.8	Nutrition and Mealtime	A					61			
Lesson 6.9	Toilet Training	A					62			
* Lesson 6.10	Keeping Children Safe	A				E	64			
<b>Seven: The Importance of Touch</b>								68		
* Lesson 7.1	The Importance of Parent/Child Touch	B					69			
* Lesson 7.2	Infant and Child Massage	B					71			
Lesson 7.3	Body Map: Examining Touch History	B					72			
<b>Eight: Developing Empathy</b>								74		
* Lesson 8.1	Developing Empathy	B					75			
* Lesson 8.2	Parents' and Children's Needs	B					78			
Lesson 8.3	Spoiling Your Children	B				E	80			

Competency Area	Parenting Construct	Page in Lesson Guide	Selected Lessons	Date Completed
<b>Nine: Managing and Communicating Feelings</b>				
* Lesson 9.1	Recognizing and Understanding Feelings	B		
* Lesson 9.2	Helping Children Learn to Handle Their Feelings	B		
* Lesson 9.3	Criticism and Confrontation	B		
* Lesson 9.4	Problem Solving, Decision Making, Negotiation and Compromise	B		
<b>Ten: Managing Anger and Stress</b>				
* Lesson 10.1	Understanding and Handling Stress	D		

* Lesson 10.2	Understanding and Expressing Anger				D		95			
Lesson 10.3	Stress Relaxation: Sanctuary				D		97			
Lesson 10.4	Stress Relaxation: Blue Light				D		98			
<b>Eleven: Understanding Discipline</b>								<b>99</b>		
* Lesson 11.1	Improving Self-Worth				E		101			
* Lesson 11.2	Building Personal Power; Power Struggles				E		104			
* Lesson 11.3	Helping Children Manage Their Behavior				E		106			
* Lesson 11.4	Understanding Discipline			C			109			
* Lesson 11.5	Developing Family Morals and Values			C			110			
* Lesson 11.6	Developing Family Rules			C			112			
* Lesson 11.7	Child Proofing Your Home			C			114			
<b>Twelve: Rewards and Punishments</b>								<b>115</b>		
* Lesson 12.1	Rewarding Children and Their Behavior			C			116			
* Lesson 12.2	Punishing Children's Behavior			C			118			
* Lesson 12.3	Praising Children and Their Behavior			C			120			
* Lesson 12.4	Time-Out			C			122			
<b>Thirteen: Alternatives to Spanking</b>								<b>124</b>		
* Lesson 13.1	Why Parents Spank Their Children			C			125			
* Lesson 13.2	Alternatives to Spanking			C			127			
* Lesson 13.3	Verbal & Physical Redirection			C			128			
Lesson 13.4	Ignoring Inappropriate Behavior			C			130			

Competency Area	Parenting Construct	Page in Lesson Guide	Selected Lessons	Date Completed
<b>Fourteen: Establishing Nurturing Parenting Routines</b>		131		

* Lesson 14.1	Establishing Nurturing Parenting Routines	A					132		
* Lesson 14.2	Establishing a Nurturing Diapering and Dressing Routine	A					133		
* Lesson 14.3	Establishing a Nurturing Feeding Time Routine	A					134		
* Lesson 14.4	Establishing a Nurturing Bath Time Routine	A					135		
* Lesson 14.5	Establishing a Nurturing Bed Time Routine	A					136		
<b>Fifteen: Celebration and Assessment</b>							<b>138</b>		
Lesson 15.1	Closing Ceremony						139		
<b>Sixteen: Prenatal Parents</b>							<b>141</b>		
Lesson 16.1	Being Pregnant				D		142		
Lesson 16.2	Changes in Me and You				D		143		
Lesson 16.3	Body Image				D		146		
Lesson 16.4	Keeping Our Bodies and Babies Healthy					E	147		
Lesson 16.5	Health and Nutrition	A					149		
Lesson 16.6	Fetal Development and Fears	A					152		
<b>Seventeen: Foster &amp; Adoptive Parents</b>							<b>154</b>		
Lesson 17.1	"Conceiving" Foster or Adoptive Children	A					155		
Lesson 17.2	Being a Foster or Adoptive Parent				D		156		
Lesson 17.3	Bonding with Foster and Adoptive Children		B				159		
Lesson 17.4	Attachment, Separation and Loss				D		160		
Lesson 17.5	Integrating Children into a Family	A					163		
Lesson 17.6	Expectations on Foster and Adopted Children					E	164		
Lesson 17.7	Setting Up Parent Visitations						166		
<b>Eighteen: Working with Developmentally Disabled and Special Needs Parents</b>							<b>167</b>		

