

Nurturing Parenting Lessons by AAPI-2 Constructs

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

Getting Started and Assessment:

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	31
* Lesson 6.2	Expectations and Development of Children	33
* Lesson 6.3	Ages and Stages: Infant Development	35
* Lesson 6.4	Ages and Stages: Toddler Development	36
* Lesson 6.5	Ages and Stages: Preschooler Development	37
Lesson 6.6	Skill Strips and Review	38
* Lesson 6.7	Nutrition and Mealtime	40
Lesson 6.8	Toilet Training	41
* Lesson 14.1	Establishing Nurturing Parenting Routines	89
* Lesson 14.2	Establishing a Nurturing Diapering and Dressing Routine	90
* Lesson 14.3	Establishing a Nurturing Feeding Time Routine	91

Construct B: Developing Empathy in Parents and Children

* Lesson 2.1	Nurturing as a Lifestyle	9
* Lesson 2.2	Nurturing Parenting	12
* Lesson 5.1	Smoking and My Child's Health	22
* Lesson 5.3	Keeping Kids Drug Free	25
* Lesson 7.1	The Importance of Parent/Child Touch	44
* Lesson 8.1	Developing Empathy	47
* Lesson 8.2	Parents' and Children's Needs	49
Lesson 8.3	Spoiling Your Children	51
* Lesson 9.1	Recognizing and Understanding Feelings	54
* Lesson 9.2	Helping Children Learn to Handle Their Feelings	56

Construct C: Discipline with Dignity

* Lesson 11.3	Understanding Discipline	68
* Lesson 11.4	Developing Family Morals and Values	69
* Lesson 11.5	Developing Family Rules	71
* Lesson 12.1	Rewarding Children and Their Behavior	74
* Lesson 12.2	Punishing Children's Behavior	76
* Lesson 12.3	Praising Children and Their Behavior	78
* Lesson 12.4	Time-Out	80
* Lesson 13.1	Why Parents Spank Their Children	83
* Lesson 13.2	Verbal & Physical Redirection	85
Lesson 13.3	Ignoring Inappropriate Behavior	87

Construct D: Self-Awareness and Appropriate Family Roles

Lesson 1.3	About Me	5
Lesson 1.4	My Life Script	6
Lesson 3.1	A Celebration of Culture	15
Lesson 3.2	Cultural Values	17
Lesson 4.1	Spirituality and Culture	20
* Lesson 5.2	Families and Alcohol	24
* Lesson 10.1	Understanding and Handling Stress	58
* Lesson 10.2	Understanding and Expressing Anger	60

Construct E: Empowerment and Independence

* Lesson 5.4	Possessive and Violent Relationships	28
* Lesson 8.2	Parents' and Children's Needs	49
* Lesson 11.1	Building Personal Power; Power Struggles	63
* Lesson 11.2	Helping Children Manage Their Behavior	65