

Nurturing Parenting Skills for Families in Supervised Visitation™

Directions for Using the Family Nurturing Plan (FNP)

Description

The **Family Nurturing Plan (FNP)** is a competency-based document designed to engage parents in being active participants in creating parenting programs designed to meet their specific needs. The overall goal of the FNP is to encourage parents and professionals to work in partnership in creating a parenting program that is tailor made to increase the Nurturing Parenting beliefs and skills of all family members.

Parenting competencies are best defined as beliefs, knowledge and skills that are observable and measurable behaviors that promote the overall positive health and development of children. Through increasing competencies in nurturing parenting, parents, children and other significant family members will replace old, destructive parenting and interaction practices with newer, positive caring practices. Through competency based-Nurturing Parenting, the prevention of child maltreatment becomes a reality.

The FNP is designed for use with the **Nurturing Parenting Skills for Families in Supervised Visitation (NPSFSV) Facilitator's Manual**. The NPSFSV Facilitator's Manual contains 45 lessons presented in fifteen parenting **Competency Areas** and the five **Parenting Constructs** of the Adult-Adolescent Parenting Inventory (AAPI-2). The 45 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 5 to 11 years.

Within the 45 lessons there are lessons that constitute the **Core Competencies of Nurturing Parenting**. The Core Competency Lessons are identified by an asterisk (*) in the **Facilitator's Manual** and in the **Index of Parenting Competencies** included with the Family Nurturing Plan. The Core Competency Lessons form the basic skills of Nurturing Parenting. The remaining lessons are supplemental lessons designed to focus on specific issues parents need to address.

The FNP is a working document charting the progress of each family. Parent Educators use the Family **Nurturing Plan & Assessment Form** to select the lessons that will be taught to each family. The **FNP** lists the goals for each lesson and the **Competencies** parents must learn.

How to Use the Family Nurturing Plan

Prior to the First Session

The FNP is designed to help families improve their Nurturing Parenting skills by acquiring competencies in each of the Nurturing Parenting **Core Competency Lessons**. Information generated from discussions with the parents regarding their parenting needs, and the completion of the **Adult- Adolescent Parenting Inventory (AAPI-2)** and **Nurturing Skills Competency Scale (NSCS)** form the basis for creating a specific family based Nurturing Program using the Family Nurturing Plan.

1. Administer the AAPI-2 and NSCS prior to or at the first session.
2. After you have scored both inventories, review the results with the parents. The information generated from the two inventories provides the basis for developing the FNP.
3. Review the list of lessons with the parents presented in the **Index of Parenting Competencies** located at the front of the FNP. Work together in identifying the lessons needed to improve their competence as a Nurturing Parent.
4. The **Index of Parenting Competencies** is the document you use to work with the parents in creating their parenting program.
 - **Column 1** lists all 45 **Nurturing Lessons** in the 15 parenting **Competency Areas**. The

Core Competency Lessons are indicated by an asterisk (*). The remaining lessons are supplemental lessons. Parents need to demonstrate competency as indicated by their responses to the AAPI-2 and the NSCS, through their conversations with you about parenting, and through observable behavior. Do you observe Nurturing Parenting practices? Can parents adequately describe how and why they use specific parenting practices?

- **Column 2** indicates the **Parenting Construct** of the AAPI-2 the lesson is designed to enhance. One approach is to review the responses on the AAPI-2 with the parent and discuss their parenting strengths and areas that they need to improve. The Parenting Profile of the AAPI-2 presents parenting strengths and deficiencies by Construct. AAPI-2 Construct scores that fall in the 1 to 3 sten range as indicated on their Parenting Profile indicate severe deficiency in that Construct. Select the lessons on the Index of Parenting Competencies that address those deficiencies. Include the data from the NSCS to support your decisions.
 - **Column 3 (Page in Lesson Guide)** presents the page numbers of the lessons that appear in the Lesson Guide for Parents
 - Use **Column 4 (Selected Lessons)** to indicate the lessons that have been selected that constitute the first draft of the family's parenting program. Put the date in the Selected Lessons column. There will be other strengths and weaknesses that are identified throughout the course of the program. Don't hesitate to add, delete or combine lessons. The Family Nurturing Plan is a fluid document that can be modified to meet the needs of the family.
 - Use **Column 5 (Date Completed)** to indicate the date the lesson was completed. In this context, completed does not mean that the content was presented, but rather that the skill or knowledge has been acquired by the parent.
5. Remember the lessons with the asterisk (*) represent the **Core Competencies of Nurturing Parenting**. The remaining lessons represent supplemental competencies. For example, if parents want to understand the role of spirituality in parenting, or want to educate their children about AIDS, or are pregnant, or their daughter is pregnant, and need to increase their knowledge and skills related to prenatal parenting, supplemental lessons serve as resources.

Beginning Each Session

1. At the beginning of each **Core Competency Lesson** located in the Family Nurturing Plan, introduce the **Topic** for the session (A) and review with the parents the competencies that they will be learning (B).
2. Using the Lesson Guide for Parents and the Parent Handouts to engage the parent in the Lesson.
3. If parents have not met competency as listed in the **FNP Report**, review the lesson knowledge and skills that session, or schedule a review of the lesson for the next session.
4. Review the **Homework as stated in the lesson guide** to be completed for next session. Make sure to review the parent's efforts in completing the Home Practice Assignment the following session.
5. Use the FNP as a guide for the acquisition of new knowledge and skills. At the end of the Program that has been created by you and the parent, new parenting skills should be acquired.
6. If new parenting competencies are not acquired, the "program" continues until new parenting competencies are a natural part of the parenting process. The program ends when competencies have been met.