



Nurturing Parenting Skills for Families in Supervised Visitation™

# Index of Parenting Competencies

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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.

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 About Me (recommended)				D		5		
Lesson 1.5 My Life Script				D		6		
<b>Two: Nurturing Parenting</b>						8		
* Lesson 2.1 Nurturing as a Lifestyle		B				9		
* Lesson 2.2 Nurturing Parenting		B				12		
<b>Three: Cultural Parenting Traditions</b>						14		
Lesson 3.1 A Celebration of Culture				D		15		
Lesson 3.2 My Cultural Values				D		17		
<b>Four: Developing Spirituality in Parenting</b>						19		
Lesson 4.1 Spirituality and Culture				D		20		
<b>Five: Making Good Choices</b>						21		
* Lesson 5.1 Smoking and My Child's Health		B				22		
* Lesson 5.2 Families and Alcohol				D		24		
* Lesson 5.3 Keeping Kids Drug Free				D		25		
* Lesson 5.4 Possessive and Violent Relationships					E	28		

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* Lesson 6.1 Children's Brain Development	A					31		
* Lesson 6.2 Expectations and Development of Children	A					33		
* Lesson 6.3 Ages and Stages: Infant Development	A					35		
* Lesson 6.4 Ages and Stages: Toddler Development	A					36		
* Lesson 6.5 Ages and Stages: Preschooler Development	A					37		
Lesson 6.6 Skill Strips and Review	A					38		
* Lesson 6.7 Nutrition and Mealtime	A					40		
Lesson 6.8 Toilet Training	A					41		
<b>Seven The Importance of Touch</b>						43		
* Lesson 7.1 The Importance of Parent/Child Touch	B					44		
<b>Eight: Developing Empathy</b>						46		
* Lesson 8.1 Developing Empathy	B					47		
* Lesson 8.2 Parents' and Children's Needs	B					49		
Lesson 8.3 Spoiling Your Children	B			E		51		
<b>Nine: Managing and Communicating Feelings</b>						53		
* Lesson 9.1 Recognizing and Understanding Feelings	B					54		
* Lesson 9.2 Helping Children Learn to Handle Their Feelings	B					56		
<b>Ten: Managing Anger and Stress</b>						57		
* Lesson 10.1 Understanding and Handling Stress				D		58		
* Lesson 10.2 Understanding and Expressing Anger				D		60		
<b>Eleven: Understanding Discipline</b>						62		
* Lesson 11.1 Building Personal Power; Power Struggles					E	63		
* Lesson 11.2 Helping Children Manage Their Behavior					E	65		
* Lesson 11.3 Understanding Discipline			C			68		
* Lesson 11.4 Developing Family Morals and Values			C			69		
* Lesson 11.5 Developing Family Rules			C			71		

Competency Area	Parenting Construct					Page in Lesson Guide	Selected Lessons	Date Completed
<b>Twelve: Rewards and Punishments</b>						<b>73</b>		
* Lesson 12.1 Rewarding Children and Their Behavior			<b>C</b>			<b>74</b>		
* Lesson 12.2 Punishing Children's Behavior			<b>C</b>			<b>76</b>		
* Lesson 12.3 Praising Children and Their Behavior			<b>C</b>			<b>78</b>		
* Lesson 12.4 Time-Out			<b>C</b>			<b>80</b>		
<b>Thirteen: Alternatives to Spanking</b>						<b>82</b>		
* Lesson 13.1 Why Parents Spank Their Children			<b>C</b>			<b>83</b>		
* Lesson 13.2 Verbal & Physical Redirection			<b>C</b>			<b>85</b>		
Lesson 13.3 Ignoring Inappropriate Behavior			<b>C</b>			<b>87</b>		
<b>Fourteen: Establishing Nurturing Parenting Routines</b>						<b>88</b>		
* Lesson 14.1 Establishing Nurturing Parenting Routines	<b>A</b>					<b>89</b>		
* Lesson 14.2 Nurturing Diapering and Dressing Routine	<b>A</b>					<b>90</b>		
* Lesson 14.3 Nurturing Feeding Time Routine	<b>A</b>					<b>91</b>		
<b>Fifteen: Celebration and Assessment</b>						<b>92</b>		
Lesson 15.1 Closing Ceremony						<b>93</b>		