

Family Nurturing Plan & Assessment

Stephen J. Bavolek, Ph.D. and Joe Nullet B.A

Each family that participates in the **Nurturing Parenting Skills for Families in Supervised Visitation** needs to have a Family Nurturing Plan & Assessment (FNP) created for them to choose the intended lessons and monitor their progress. The FNP is a working document that coordinates with the lessons presented in the Instructors Manual. For each lesson, the SV Report lists the *Parenting Topics*, the *Competencies* parents need to learn, and a summary of the observed behaviors and interactions during the supervised visit.

PLEASE PRINT

Beginning Date

Completion Date

Parent Educator's Name

Agency Location – City and State

PARENTS:

Mother's Name

Father's Name

Address: _____

Address: _____

City, State _____

City, State _____

Contact Information

Phone (Home): _____

Phone (Home): _____

Phone (Cell): _____

Phone (Cell): _____

Contact person other than parent participating in the program: _____

CHILDREN:

Child's Name

Child's Age

Mother or Father's Name (if different from above)

1. _____

2. _____

3. _____

4. _____

5. _____

Nurturing Parenting Skills for Families in Supervised Visitation™

Index of Parenting Competencies

Stephen J. Bavolek, Ph.D.

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
One: Getting Started and Assessment						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		
Two: Nurturing Parenting						8		
* Lesson 2.1 Nurturing as a Lifestyle		B				9		
* Lesson 2.2 Nurturing Parenting		B				12		
Three: Cultural Parenting Traditions						14		
Lesson 3.1 A Celebration of Culture				D		15		
Lesson 3.2 My Cultural Values				D		17		
Four: Developing Spirituality in Parenting						19		
Lesson 4.1 Spirituality and Culture				D		20		
Five: Making Good Choices						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		

Competency Area	Parenting Construct					Page in Lesson Guide	Selected Lessons	Date Completed
Six: Growth and Development of Children						30		
* 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		
Seven The Importance of Touch						43		
* Lesson 7.1 The Importance of Parent/Child Touch		B				44		
Eight: Developing Empathy						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		
Nine: Managing and Communicating Feelings						53		
* Lesson 9.1 Recognizing and Understanding Feelings		B				54		
* Lesson 9.2 Helping Children Learn to Handle Their Feelings		B				56		
Ten: Managing Anger and Stress						57		
* Lesson 10.1 Understanding and Handling Stress				D		58		
* Lesson 10.2 Understanding and Expressing Anger				D		60		
Eleven: Understanding Discipline						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
Twelve: Rewards and Punishments						73		
* Lesson 12.1 Rewarding Children and Their Behavior			C			74		
* Lesson 12.2 Punishing Children's Behavior			C			76		
* Lesson 12.3 Praising Children and Their Behavior			C			78		
* Lesson 12.4 Time-Out			C			80		
Thirteen: Alternatives to Spanking						82		
* Lesson 13.1 Why Parents Spank Their Children			C			83		
* Lesson 13.2 Verbal & Physical Redirection			C			85		
Lesson 13.3 Ignoring Inappropriate Behavior			C			87		
Fourteen: Establishing Nurturing Parenting Routines						88		
* Lesson 14.1 Establishing Nurturing Parenting Routines	A					89		
* Lesson 14.2 Nurturing Diapering and Dressing Routine	A					90		
* Lesson 14.3 Nurturing Feeding Time Routine	A					91		
Fifteen: Celebration and Assessment						92		
Lesson 15.1 Closing Ceremony						93		