

# The Family Nurturing Plan:

## Nurturing Parenting Skills for Families in Supervised Visitation



The Nurturing Parenting Programs®  
Creating a Caring World Through Nurturing

# Intro

- ▶ The **Family Nurturing Plan (FNP)** is a competency-based document designed to engage parents in being active participants in creating a parenting program designed to meet their specific needs.

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- ▶ 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.

- ▶ 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 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.

# Steps

Administer the AAPI-2 (and NSCS)  
prior to or at the first (planning) session.

Note: It may be advisable to conduct standard supervised visitations at your program before implementing a parent education program.

## **Review Results of AAPI using the Parent Version of the results**

The information generated from the inventories provides the basis for developing the FNP.

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.

The **Index of Parenting Competencies** is the document you use to work with the parents in creating their parenting program.

## 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		



In the Nurturing Parenting Skills for Families in Supervised Visitation curriculum, the Lesson Competencies are listed on each Session Report

Nurturing Parenting Skills for Families in Supervised Visitation™  
**Lesson 6.2: Expectations and Development of Children**

**Goal:** To increase parents' awareness of the impact expectations have on growth and development.

Parent(s)

Name:

Children:

Date:	Arrival Time:
Staff:	
Lesson Competencies: Highlight Key Points of the parenting lesson and observed behaviors and interactions of the parent(s) during the class.	
<p><b>Parents can describe the impact of inappropriate expectations on their children's development and give examples.</b></p> <p><b>YES _____ NO _____ Comments:</b></p>	
Visit Summary: Describe the ways the parent(s) incorporated information from the parenting lesson into the visit by listing observed behaviors and interactions.	

*Note: The observations of the supervised visit were made in a controlled, supervised environment, which should not be used in isolation to predict behavior outside this environment.*

# Exercise

## Role Play

One person is a facilitator and the other is the parent

Review AAPI results, and work together to choose 3 additional classes from the curriculum