

# *Nurturing Skills for* **Oregon Families Curriculum**



The **Nurturing Skills for Oregon Families™ (NSOF)** curriculum has a flexible structure that allows providers to create a customized program for each family by selecting the lessons in the Lesson Guide that meet the specific needs of the family ([http://www.nurturingparenting.com/nurturing\\_skills.php](http://www.nurturingparenting.com/nurturing_skills.php)). Needs are identified from information provided by the caseworker, administration of the Adult-Adolescent Parenting Inventory (AAPI-2) and Nurturing Skills Competency Scale (NSCS), and consultation with the parents. The AAPI-2 is an assessment instrument designed to assess high risk parenting attitudes. The NSCS is an instrument designed to gather demographic and historical data on the family, as well as knowledge and utilization of Nurturing Parenting practices. The provider and the parent work together to create a customized **Family Nurturing Plan (FNP)** that delineates the number and sequence of the lessons and the length of the program. Each lesson can be utilized flexibly in a 120 minute session that includes a 30 minute educational component between the provider and the parent, a 75 minute parent-child visit/family nurturing time during which the provider can guide and coach the parent in utilizing the skills presented during the lesson, and a 15 minute debrief with the parent and the provider. Sessions are conducted in a visitation setting while a child is in foster care or in a home setting once approved by the caseworker or if the parent and child are reunified.

For this project a minimum of 16 sessions is required for each family, although it is anticipated that in many cases families will need additional sessions to successfully complete the program.

The goal of **NSOF** is for parents to achieve competency in each of the program's **core competency areas**:

- Nurturing Parenting
- Making Good Choices
- Growth and Development of Children
- The importance of Touch
- Developing Empathy
- Managing and Communicating Feelings
- Managing Anger and Stress
- Understanding Discipline
- Rewards and Punishments
- Alternatives to Spanking
- Establishing Nurturing Parenting Routines



In addition, supplemental parenting lessons may be offered to meet the specific needs of some families on topics such as possessive and violent relationships, drug and alcohol dependency, and effects of second-hand smoke.

Parents are assessed for competencies throughout the program and providers complete monthly reports and individual visit reports that document completion of lessons and progress on the **Family Nurturing Plan** and whether and how competencies are achieved and demonstrated.

Couples who are working with DHS to achieve reunification together will participate in RBV sessions together. Parents who are separated and seeking reunification separately will participate in sessions separately. All those who play an active role in parenting responsibilities should be included in the program.

Below is a complete list of the Nurturing Parenting Lessons, arranged according to competency areas, available to tailor an individualized **Family Nurturing Plan** to meet families' specific needs.

# Nurturing Parenting Lessons by Competency Area



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

<b>Competency Area One: Getting Started and Assessment .....</b>	<b>1</b>
Lesson 1.1 Welcome; Hopes & Fears; Orientation .....	2
Lesson 1.2 Assessing Parenting Strengths .....	4
Lesson 1.3 Change, Growth & Letting Go .....	5
Lesson 1.4 About Me .....	8
Lesson 1.5 My Life Script .....	9
<b>Competency Area Two: Nurturing Parenting .....</b>	<b>10</b>
* Lesson 2.1 Nurturing as a Lifestyle .....	11
* Lesson 2.2 Nurturing Parenting .....	14
<b>Competency Area Three: Cultural Parenting Traditions .....</b>	<b>16</b>
Lesson 3.1 A Celebration of Culture .....	17
Lesson 3.2 Cultural Values .....	19
Lesson 3.3 Cultural Parenting Practices .....	21
<b>Competency Area Four: Developing Spirituality in Parenting .....</b>	<b>22</b>
Lesson 4.1 Spirituality and Family .....	23
Lesson 4.2 Ways to Increase Spirituality .....	25
Lesson 4.3 Spirituality and Culture .....	27
Lesson 4.4 Nurturing Parenting Builds Spirituality .....	28
<b>Competency Area Five: Making Good Choices .....</b>	<b>29</b>
* Lesson 5.1 Smoking and My Child's Health .....	30
* Lesson 5.2 Families and Alcohol .....	32
* Lesson 5.3 Keeping Kids Drug Free .....	33
* Lesson 5.4 Our Bodies and Sex .....	36
Lesson 5.5 Love, Sex, STDs and AIDS .....	38
Lesson 5.6 Dating, Love and Rejection .....	41
Lesson 5.7 Touch, Personal Space and Date Rape .....	43
* Lesson 5.8 Possessive and Violent Relationships .....	46
<b>Competency Area Six: Growth and Development of Children .....</b>	<b>48</b>
* Lesson 6.1 Children's Brain Development .....	50
* Lesson 6.2 The Male & Female Brain .....	52
* Lesson 6.3 Expectations and Development of Children .....	55
* Lesson 6.4 Ages and Stages: Infant Development .....	57
* Lesson 6.5 Ages and Stages: Toddler Development .....	58
* Lesson 6.6 Ages and Stages: Preschooler Development .....	59
Lesson 6.7 Skill Strips and Review .....	60
* Lesson 6.8 Nutrition and Mealtime .....	61
Lesson 6.9 Toilet Training .....	62
* Lesson 6.10 Keeping My Children Safe .....	64
<b>Competency Area Seven: The Importance of Touch .....</b>	<b>68</b>
* Lesson 7.1 The Importance of Parent/Child Touch .....	69
* Lesson 7.2 Infant and Child Massage .....	71
Lesson 7.3 Body Map: Examining Touch History .....	72
<b>Competency Area Eight: Developing Empathy .....</b>	<b>74</b>
* Lesson 8.1 Developing Empathy .....	75
* Lesson 8.2 Parents' and Children's Needs .....	78
Lesson 8.3 Spoiling Your Children .....	80

<b>Competency Area Nine: Managing and Communicating Feelings .....</b>	<b>82</b>
* Lesson 9.1 Recognizing and Understanding Feelings .....	83
* Lesson 9.2 Helping Children Learn to Handle Their Feelings .....	85
* Lesson 9.3 Criticism and Confrontation.....	87
* Lesson 9.4 Problem Solving, Decision Making, Negotiation and Compromise .....	89
<b>Competency Area Ten: Managing Anger and Stress .....</b>	<b>92</b>
* Lesson 10.1 Understanding and Handling Stress .....	93
* Lesson 10.2 Understanding and Expressing Anger .....	95
Lesson 10.3 Stress Relaxation: Sanctuary .....	97
Lesson 10.4 Stress Relaxation: Blue Light .....	98
<b>Competency Area Eleven: Understanding Discipline .....</b>	<b>99</b>
* Lesson 11.1 Improving Self-Worth .....	101
* Lesson 11.2 Building Personal Power; Power Struggles .....	104
* Lesson 11.3 Helping Children Manage Their Behavior .....	106
* Lesson 11.4 Understanding Discipline .....	109
* Lesson 11.5 Developing Family Morals and Values .....	110
* Lesson 11.6 Developing Family Rules .....	112
* Lesson 11.7 Child Proofing Your Home .....	114
<b>Competency Area Twelve: Rewards and Punishments .....</b>	<b>115</b>
* Lesson 12.1 Rewarding Children and Their Behavior .....	116
* Lesson 12.2 Punishing Children’s Behavior .....	118
* Lesson 12.3 Praising Children and Their Behavior .....	120
* Lesson 12.4 Time-Out .....	122
<b>Competency Area Thirteen: Alternatives to Spanking.....</b>	<b>124</b>
* Lesson 13.1 Why Parents Spank Their Children .....	125
* Lesson 13.2 Alternatives to Spanking .....	127
* Lesson 13.3 Verbal & Physical Redirection.....	128
Lesson 13.4 Ignoring Inappropriate Behavior.....	130
<b>Competency Area Fourteen: Establishing Nurturing Parenting Routines.....</b>	<b>131</b>
* Lesson 14.1 Establishing Nurturing Parenting Routines .....	132
* Lesson 14.2 Establishing a Nurturing Diapering and Dressing Routine .....	133
* Lesson 14.3 Establishing a Nurturing Feeding Time Routine .....	134
* Lesson 14.4 Establishing a Nurturing Bath Time Routine.....	135
* Lesson 14.5 Establishing a Nurturing Bed Time Routine .....	136
<b>Competency Area Fifteen: Celebration and Assessment.....</b>	<b>138</b>
Lesson 15.1 Closing Ceremony .....	139

