

NURTURING PARENTING COURSE TOPICS

Three different Nurturing Parenting Programs are being through the Fairfax County Department of Family Services. They are:

- **Program for Parents and Children Ages Birth to 4 (21 sessions)**
- **Program for Parents and Children Ages 5 to 11 (13 sessions)**
- **Program for Parents and Adolescents Ages 12 to 17 (12 sessions)**
- **Program for Parents and Children with African-American Cultural Focus**

All programs are offered in both English and Spanish, except for the program with African-American cultural focus.

As appropriate, school-age children and adolescents discuss in their classes similar topics to those discussed in the parent class. Here's what parents will learn about:

Course Topics of Program for Parents and Children Ages Birth To 4 Years

1. **The Philosophy of Nurturing Parenting**
2. **Behavior Management**
3. **Family Rules**
4. **Needs and Payoffs for Adults and Children**
5. **Spoiling Your Children**
6. **Personal Power**
7. **Praising a Child's Behavior**
8. **Physical Discipline**
9. **Baby Proofing Your House**
10. **Verbal and Physical Redirection**
11. **Touch and Talk**
12. **Time-Out**
13. **Ages and Stages**
14. **Developmental Stage of Infancy**
15. **Developmental Stage of Being a Toddler**
16. **Developmental Stage of Being a Preschooler**
17. **How to Develop Skills**
18. **Handling Troublesome Feelings**
19. **Beliefs That Make Parents and Children Miserable, and How to Make Better Choices**
20. **Stress Management Techniques**
21. **Establishing Nurturing Routines**
22. **Nurturing Diapering and Dressing Routines**
23. **Nurturing Feeding Time Routines**
24. **Nurturing Bath Time Routines**
25. **Nurturing Bedtime routines**
26. **How Parents Can Handle Their Anger**
27. **Rules for Fair Fighting**

28. Choices and Consequences
29. Ignoring as Behavior Management
30. “I Statements” and “You Messages”
31. Problem-Solving and Decision Making
32. Helping Children With Feelings
33. Improving Self-Esteem
34. How to Stimulate and Communicate With Your Child
35. Toilet Training
36. Verbal Management
37. Families and Chemical Use
38. Emergency Parenting

Course Topics of Program for Parents and Children Ages 5 – 11

1. The Philosophy of Nurturing Parenting
2. Developing Family Morals and Values
3. Developing Family Rules
4. Building Self-Worth in Children
5. Praising Children and Their Behavior
6. Praising Oneself and Receiving Praise From Others
7. Discipline, Rewards and Punishment
8. Developing Empathy In Children
9. Helping Children Get their Needs Met; Helping Parents Take Care of Themselves and Meet Their Own Needs
10. Developing Personal Power in Children
11. Expectations and Development of Children
12. Understanding Why Parents Spank Their Children
13. Helping Children Handle Their Stress; Helping Parents Handle Their Stress
14. Helping Children Manage Their Behavior
15. Recognizing and Understanding Children’s Feelings; Recognizing and Understanding Parents’ Feelings
16. Communicating Thoughts and Feelings; Helping Parents Understand and Express Their Anger
17. Helping Children Handle Their Feelings
18. Establishing Nurturing Parenting Routines
19. Problem Solving, Decision Making, Negotiation and Compromise
20. Helping Children Express Their Anger Appropriately
21. Good Touch, Bad Touch
22. Using Ignoring as a Parenting Technique
23. Criticism, Confrontation and Rules for Fair Fighting
24. Keeping Children Drug Free; Understanding Alcohol Use and Abuse

Course Topics of Program for Parents and Adolescents

- 1. The Philosophy of Nurturing Parenting**
- 2. Handling Feelings; Praise for Being and Doing**
- 3. A Plan to Get Needs Met; Adult Needs**
- 4. Building Self-Esteem and Self-Concept**
- 5. Confrontation and Communication**
- 6. The Formula for Communicating with “I Statements”**
- 7. Negotiation as Communication**
- 8. Discipline, Punishment, and Rewards**
- 9. Helping Adolescents Manage Their Behavior**
- 10. Alternatives to Hitting and Yelling**
- 11. Nurturing Ways to Handle Your Anger; Life Stress Measures**
- 12. Stress Management Techniques**
- 13. Problem-Solving and Decision-Making**
- 14. Growing Up In Adolescence**
- 15. Establishing Family Rules**
- 16. Adult Personal Power**
- 17. Facts About AIDS**
- 18. Families and Chemical Use**
- 19. Depression, Suicide, and Anorexia**

Course Topics of Program for Parents and Children: African-American Cultural Focus

The core program for this curriculum is the same as the basic Nurturing Parenting curriculum at that age level. However, this curriculum also emphasizes how African-American history has affected the current life process for African-Americans, and it includes topics such as the slave experience, transcending oppression and acculturation, spirituality, and accessing resources. Other topics discussed include: empowerment of the African-American family, the prevalent forms of discipline within the African-American community, the affect of oppression and the media on African-American families, and the importance of community.