

Nurturing the Families of Texas Facilitators Instructional Manual



Facilitators
Instructional
Manual

with Learn
& Share CD

Nurturing the Families of TEXAS

Nurturing Parenting Program
for Families with Children Ages 5-19

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Nurturing the World's Families through Family Development

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Nurturing Parenting Lessons by Competency Area

Note: An asterisk * before the Lesson denotes the Lesson is a Nurturing Parenting Core Lesson and the order it is required for best practice with high risk Intervention and Treatment clients.

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Understanding the stages of growth and development in children is critical in providing an environment that fosters success and pride in accomplishments. Self-worth is established very early in a child's life as they learn they are either successful or not in pleasing their parents. When parents are pleased, children begin to feel successful. When parents are not pleased, children begin to feel like failures. Having appropriate expectations of children forms the foundation for the practices that parents will be learning throughout the parenting program.

Teaching Goals	
<ol style="list-style-type: none"> 1. To increase parents' awareness and knowledge of stages of growth and development. 2. To increase parents' skills in understanding and handling developmental issues of childhood. 3. To increase parents' ability to promote healthy brain development in their children. 4. To increase parents' awareness of the differences between male and female brains. 5. To increase parents' awareness of the influence brain development has on a child or teen's behavior. 6. To increase parents' understanding of child, pre-adolescent and adolescent behavior. 7. To reinforce knowledge of age-appropriate skills and abilities of children. 8. To increase parents' awareness of the developmental tasks of adolescence. 9. To increase parents awareness and skills in protecting children from harm. 10. To increase parents' understanding of depression in children. 11. To increase parents' understanding of teen suicide. 12. To increase parents' understanding of eating disorders in children. 	
Competency	
<p>Adult</p> <ol style="list-style-type: none"> 1. Adults recognize that there is a difference between the male and female brain and behavior. 2. Adults are able to share expectations their parents had of them and the feelings attached to meeting them or not meeting them. 	<p>Parenting</p> <ol style="list-style-type: none"> 1. Parents are more aware of the stages of development of their children. 2. Parents are able to normalize some of their children's behaviors. 3. Parents are more knowledgeable about child and teen development, behaviors and major issues that may be present during a child's life. 4. Parents learned ways to be more protective parents.
Lessons	Materials
5.1 Children's Brain Development	Parent Handouts
5.2 Pre-Adolescence and Adolescent Brain Development	Parent Handouts, paper/flip chart, markers or pens, DVD player Nurturing Program for Families with Children 5-19 DVD <i>Adolescence: It's Normal for Teens to Act Weird</i>
5.3 The Male and Female Brain	Parent Handouts, paper/flip chart, markers, pens/pencils

Lessons	Materials
5.4 Expectations and Development	Parent Handouts, paper/flip chart, markers, pens/pencils
5.5 Developmental Stages (5-19)	Parent Handouts, paper/flip chart, markers, pens/pencils
5.6 Keeping My Children Safe	Parent Handouts, paper/flip chart, markers, pens/pencils
5.7 Child and Teen Developmental Issues	Parent Handouts, paper/flip chart, marker, pens/pencils

Lesson Goal: To increase parents' ability to promote healthy brain development in their children.

Materials: Parent Handouts

Procedures:

1. **Welcome and Check-in:** Welcome the parents.
2. **Home Practice Assignment (HPA) and Journal:** Review any assignments the parents had from their last session and cover any unfinished business.
3. **Competency Review:** Mention that this lesson focuses on how children's brains develop and what parents can do to stimulate healthy brain development.

4. Ask Parents to respond to the following:

Some unhealthy behaviors that people do that may affect children's brains are _____.

Healthy behaviors that I do or can do to stimulate my child's brain in healthy ways are _____.

5. Distribute the information in the **Parent Handouts** titled, "**Children's Brain Development,**" and review the following major concepts of the brain:
 - a. Children's brains are a work in progress. How they develop depends to a large extent on the experiences they have growing up.
 - b. When a baby is born the brain contains an immense number of potential neural connections that, as the brain grows and the baby learns to survive in its environment, the brain develops necessary and beneficial neural pathways. *Pruning* is the process of eliminating unused synapses in the brain to help it to function more efficiently. Synaptic pruning happens to a great degree in newborns and also in adolescents. Evidence indicates that richness of environment and experience, both in childhood and later life, influences the progress and extent of this neurological pruning.
 - c. How a child's brain develops depend upon how the genes they are born with (nature) interplay with the experiences they have (nurture).
 - d. Parents play a major role in affecting the way children's brains develop by the parenting practices they use and the way they treat their children.

6. Review the following information:

The brain is made up of five major parts:

BRAINSTEM	Responsible for our heart rate, blood pressure, breathing and other bodily functions.
CEREBELLUM	Responsible for balance and movements such as dancing, kicking a ball, etc. and coordination.
MIDBRAIN	Responsible for sleep, appetite and general movement.

LIMBIC SYSTEM Responsible for emotions(Feelings) and long-term memories.

CORTEX Responsible for hearing, speech, language development, problem solving and other complex "thinking" functions.

7. Mention that by practicing certain behaviors, parents can stimulate these parts of the brain in their children, which will help it grow and function properly.
8. Distribute the information in the **Parent Handout** titled, "**What Every Child Needs.**"

Ask the parents to complete the "**Try This**" exercise in the **Parent Handout**. Stress each of these areas as critical for healthy growth, healthy brain development and emotional stability.

9. **Check-Out and Home Practice Assignment:** Ask the parents, "on a scale from 1 to 5, how did you feel about our time together and today's lesson?" Review any home practice assignments for the next session.

HPA Options:

Notes and Suggestions:

Continue to refer to brain development and the healthy growth the brain is making because the parents are using nurturing parenting practices. Get creative on presenting this lesson - make it fun and interactive.