



Nurturing Skills™



for Families Prenatal - 19



Lesson Guide for Parents

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Family Development Resources Inc.

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

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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.

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’ understanding of the brain of a child. 4. To increase parents’ awareness of the differences between male and female brains. 	
Lessons	Materials
* 6.1 Children’s Brain Development	Parent Handbooks, Nurturing Book for Babies and Children
* 6.2 The Male & Female Brain	Parent Handbooks, clipboard/flip chart, magic markers
* 6.3 Expectations and Development of Children	Parent Handbooks, clipboard/flip chart, magic markers, video player Nurturing Parenting® video <i>Nurturing Parenting® for Parents of Infants, Toddlers and Preschoolers Part 2 - Ages & Stages: Having Appropriate Expectations of Children”</i>
* 6.4 Ages and Stages: Infant Development	Parent Handbooks, Nurturing Book for Babies and Children, clipboard/flip chart, magic markers, video player Nurturing Parenting® video <i>Nurturing Parenting® for Parents of Infants, Toddlers and Preschoolers Part 3 - “Understanding the Growth and Development of Infants”</i>
* 6.5 Ages and Stages: Toddler Development	Parent Handbooks, clipboard/flip chart, magic markers, video player Nurturing Parenting® video <i>Nurturing Parenting® for Parents of Infants, Toddlers and Preschoolers Part 4 - “Understanding the Growth and Development of Toddlers”</i>

* Core Competency Lessons

continued on next page ...

Lessons	Materials
* 6.6 Ages and Stages: Preschooler Development	Parent Handbooks, clipboard/flip chart, magic markers, video player Nurturing Parenting® video <i>Nurturing Parenting® for Parents of Infants, Toddlers and Preschoolers</i> Part 5 - "Understanding the Growth & Development of Preschoolers"
* 6.7 Skills Strips Review	Parent Handbooks
* 6.8 Nutrition and Meal Time	Parent Handbooks, clipboard/flip chart, magic markers
6.9 Toilet Training	Parent Handbooks, clipboard/flip chart, magic markers
* 6.10 Keeping My Children Safe	Parent Handbooks, clipboard, flip chart, magic markers

*** Core Competency Lessons**

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

Materials: Parent Handbooks, Nurturing Book for Babies and Children

Procedures:

1. This lesson focuses on how children's brains develop and what parents can do to stimulate healthy brain development.
2. Ask parents to locate the information on **Page 28** in the **Parent Handbook** 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. There are prime times called "critical windows" when parts of children's brains acquire certain skills.
 - c. 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.

3. 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 and long-term memories;
CORTEX	Responsible for hearing, speech, language development, problem solving and other complex "thinking" functions.

4. 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.
5. Critical Windows:

Vision – Birth to 6 months. It's important for children to have things to look at. Brainstorm with the parents things they can do to stimulate a baby's vision. Afterwards, review the information presented in the handbook for this area.

Vocabulary and Speech – Birth to 3 years. Brainstorm with the parents ways to enhance children's speech and vocabulary. Afterwards, review the information presented in the parent handbook for this area.

Emotional Development - Birth to 18 months. Brainstorm with the parents ways to enhance children's emotional development, and then review the information in the parent handbook.

Logic and Math – One to 4 years. Brainstorm ways to enhance children's logical and mathematical development then review the information presented in the handbook.

6. Ask parents to locate the information on **Page 30** in the **Parent Handbook** titled, **"What Every Child Needs."** Stress each of these areas as critical for healthy growth and development.

Notes and Suggestions:

1. Continue to refer to brain development and the healthy growth the brain is making because the parents are using nurturing parenting practices.
2. Remind parents that this information is also located in the Nurturing Book for Babies and Children.