



SKILLFUL PARENTING

CURRICULUM

(Based on the evidence-based Nurturing Parent Program)

SESSION 1: Self Esteem

Identifying Self-Esteem in the Parent-
How Parents' Self-Esteem Affects Child
Building Healthy Self-Esteem in Children

Indicators of high and low self-esteem in children
Praise and encouragement

SESSION 2: Ages & Stages (Growth & Development)

Pregnancy and Early Stimulation of Babies
BrainWorks & The Amazing Brain
Ages and Stages of Normal Development

Infancy through Adolescence (*Specific to class needs*)
Normal Sexual Development

SESSION 3: BOUNDARIES

Defining Boundaries (Physical, Emotional, and
Intellectual)
Limits: What They Are & Why They Matter

Crossing Boundaries/Family Privacy
Modeling Healthy Boundaries

SESSION 4: Handling Stress & Anger

Causes and Symptoms of Stress
Identifying Stress in Children
Power Struggles
Voiceless Victims (*Impact on children*)

Recognizing Parent's Anger Style
Hidden Anger & Triggers
Coping Skills

SESSION V: Communication

Verbal & Nonverbal Communication
Family Communication (history)
Blocks to Communicating Honestly
Active Listening

I vs. You Messages
Reflective Listening & Responding to Feelings
Bedtime Routines & Words of Affection

SESSION VI: Positive Disciplinary Alternatives

Defining Misbehavior
Identifying the Goals & Redirecting
Discipline vs. Punishment

Controlling the Situation, Not the Child
Natural and Logical Consequences
Time-Out for Parents and Children

SESSION VII: Domestic Violence & Sexual Abuse

Defining Domestic Violence (cyclical)
Effects on Children
Defining Child Sexual Abuse & Indicators

Recognizing the Perpetrator
Child Sexual Abuse Prevention (A Parent's Role)
Resources and Referrals

SESSION VIII: Characteristics of Health Family

Characteristics of a Healthy Family
Review of Family Meetings
Review of Family Rules & Morals

Health & Safety Issues
Resources & Referrals