



### Lesson Overview

In this lesson, students will have the opportunity to learn and practice nurturing parenting skills, such as recognize and affirm ordinary behavior and effort as well as accomplishments through a role play activity.

### Lesson Objectives

After completing this lesson, students should be able to:

- Identify the characteristics and skills of nurturing parents
- Identify the benefit for children of having responsive and affirming parents

### Lesson at a Glance

Activity	Materials	Preparation	Approximate Class Time
<b>FOCUS</b>	<ul style="list-style-type: none"> <li>• <i>Nurturing and Attachment</i> article</li> </ul>	Have available – students should have read this the previous evening.	10 minutes
<b>LEARN</b>	<ul style="list-style-type: none"> <li>• Role Play Scenarios</li> <li>• <i>Nurturing Parent Skills</i> - slide 7</li> </ul>	Copy Role Play Scenario Card and cut into four, so each group has 1 card.  Use <i>Nurturing Parent Skills</i> - slide 7	20 minutes
<b>REVIEW</b>	<ul style="list-style-type: none"> <li>• <i>Nurturing Parent Skills</i> - slide 7</li> <li>• <i>Nurturing Parent Skills Answers</i> – slide 8</li> </ul>	Use slides 7 and 8: <i>Nurturing Parent Skills</i> and <i>Nurturing Parent Skills - Answers</i>	15 minutes

**Note: All student materials (worksheets, handouts, pretest/posttest) are located in the Student Materials folder.**

**National FACS Education Standards Supported: 15.1, 15.2**

**FOCUS: Nurturing Discussion**

10 minutes

**Purpose:**

Students are introduced to the key skills for nurturing infants to help in healthy child development.

**Materials:**

- *Nurturing and Attachment* article - reading assignment from previous day.

**Facilitation Steps:**

1. Ask students what they think nurturing means to them. Answers will vary among students.
2. Reflect on the qualities of nurturing and bring in the information from the *Nurturing and Attachment* article.
3. Discuss the issue raised in the article that infants who experienced more than 20 hours of non-maternal care per week were more likely to have insecure attachment. Ask what students think about that issue. Note: The issue of child care will be discussed/debated during the last lesson of the curriculum, but this can get them started in thinking about it.
4. Ask whether there are things a parent can do to compensate for the need for child care – in providing their child with the nurturing he/she needs. Reinforce the fact in the article that research indicates that there is a higher rate of insecure attachment among children who spend more than 20 hours per week in childcare settings before the age of three; however insecure attachment can also be found in children of parents who, although are at home with their children, do not provide a nurturing, responsive environment. This article is not saying that childcare is inherently bad, but that children need nurturing and responsive care.

**Instructor Background Information**

- **Affirmation** and **affection** are the key ingredients needed for an infant to attach to his/her parents. When parents and child have warm feelings toward each other, children develop an important trust that their most basic needs will be met along with a sense of love, acceptance, positive guidance, and protection.
- Research shows that when parents notice and affirm ordinary behavior as well as accomplishments; express warmth through touch, voice and non-verbal endearments (smiling, expressions, etc.); and acknowledge and attend to the full range of the child's feelings, the benefits are as follows:
  - the best chance of healthy development
  - better academic grades
  - healthier behaviors
  - more positive peer interactions
  - an increased ability to cope with stress

# 6

## LEARN: Role Play Nurturing

20 minutes

### Purpose:

Students role play scenarios where they practice an appropriate nurturing response. Observing students take notes for each role play in preparation for a class discussion in the Review activity.

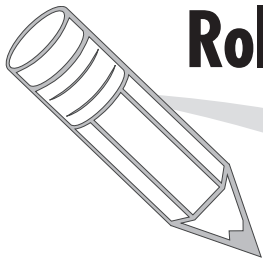
### Materials:

- Role Play Scenarios (located in Student Materials folder) – cut up into 4 separate pieces of paper
- Slide 7: *Nurturing Parent Skills*

### Facilitation Steps:

1. Role Play: Break class into four groups. Hand a different scenario to each group. Each group chooses 2 people to do the role play in front of class. They have 5 minutes to plan.
2. Have each pair get up and perform their role play for the entire class. Tell them to set up the scene by explaining what their role play is about (they can simply read the scenario).
3. As representatives from each group do the role play, have the rest of class observe and jot down what they think the “parent” did right and/or what they did wrong or neglected to do.

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# Role Play Scenarios

## SCENARIO 1

**Your one-month-old son, Bradon, wakes up crying in the middle of the night.**

## SCENARIO 2

**Your 2-year old son, Owen, loves puffcorn. He has had enough treats for one day and it's almost supper time. He is standing in the kitchen, pointing at the cupboard and saying that he wants puffcorn. When you tell him "no," he starts to cry and hits your leg.**

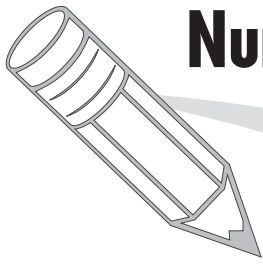
## SCENARIO 3

**Your 2nd grade daughter, Kelly, and her friend came home from school and are having a snack in the kitchen. They are giggling and talking about another girl in their class, making fun of her.**

## SCENARIO 4

**You are at the park with your 4-year-old daughter, Bridget. One of the other children at the park has just come up to her and told her she can't go down the slide or play on the swings. They don't like her. Bridget is crying.**

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# Nurturing Parent Skills

<b>Model and teach empathy and kindness</b>	<b>Foster your child's self-respect and respect for others</b>
<b>Express affection and warmth to your child through touch, voice and nonverbal endearments</b>	<b>Acknowledge and attend to the full range of your child's feelings</b>

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# 6

## REVIEW: Analyzing the Role Plays

15 minutes

### Purpose:

Students use the *Nurturing Parent Skills* slides to analyze how the role play parents did in responding to their child.

### Materials:

- Slide 7: *Nurturing Parent Skills*
- Slide 8: *Nurturing Parent Skills Answers*

### Facilitation Steps:

1. Display the *Nurturing Parent Skills* slide 7 and use it to analyze each role play as a group.
2. Read through each skill on the chart and determine as a group which scenario called for this type of response/skill. Ask whether the “parent” provided the response that the child needed.
3. Display the *Nurturing Parent Skills Answers* - slide 8.

### Answer Key:

<p><b>Model and teach empathy and kindness</b></p> <p><b>SCENARIO 3</b></p>	<p><b>Foster your child’s self- respect and respect for others</b></p> <p><b>SCENARIO 4</b></p>
<p><b>Express affection and warmth to your child through touch, voice and nonverbal endearments</b></p> <p><b>SCENARIO 1</b></p>	<p><b>Acknowledge and attend to the full range of your child’s feelings</b></p> <p><b>SCENARIO 2</b></p>

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