

# MONTHLY DELIVERABLE

## THE NURTURING PARENTING PROGRAM

\*Parenting is a verb\*

1. For Parents: Use the idea of there are only so many hours you spend with your child until they turn 18.
  - a. The number of hours is 157,776. This is how many hours we spend with our child - we all have the same amount of hours with our child until they are 18 years old. How many positive hours are you spending with your child?
  - b. For the child: What are the most positive times you have with your parent(s)?
2. SPICES - the primary needs for each person.
  - a. Social (friendship and companionship)
  - b. Physical (sex, food, sleep and exercise)
  - c. Intellectual (stimulation of new ideas/thoughts)
  - d. Creative (self expression - singing, dancing, write a poem, the way you dress, etc.)
  - e. Emotional (love, praise and affirmation)
  - f. Spiritual (not necessarily religion, the belief that we are a part of something bigger than ourselves)
    - i. Allow each person in the dyad (child and parent) to build a world representing the needs of the child.
    - ii. The parent or caregiver would build a world representing what they think the most important need is for the child then the child would do one for him/herself and then compare during processing.
    - iii. Create a tray about one need that you have that is not being met.
    - iv. Create a tray about ways you could this need met.
3. Praise For Being vs. Praise For Doing
  - a. For a parent: Build a tray about how you praise your child.
    - i. Then explore how you praise your child "for being." May need to role play this to explore.
    - ii. For adults: Make a tray praising yourself for the positive things about you or that you do.

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4. Hopes and Fears (this is more of like a first session ice breaker that we do)
  - a. Create a tray for what your hopes and fears for your child are?
  - b. Create a tray for what your hopes and fears for yourself are?
    - i. What do you hope to learn in therapy?
    - ii. What is a fear or concern you may have for or during therapy?
5. Where do you get your energy, and your focus of attention?
  - a. Show me in a tray?
    - i. We are now working on differentiating the Introvert Child/Parent, and/or the Extrovert Child/Parent (usually do this tray when the parent/child are opposite and not understanding themselves.)