



## RECOMMENDATIONS FOR PROVIDING ONLINE GROUPS FOR PARENTS & CHILDREN AGES 0-3 YEARS

Corresponds to the *Celebrating Families!™* 0-3 Years Program



**Prevention Partnership International**  
EMBRACING, EMPOWERING AND GUIDING FAMILIES

**IN PARTNERSHIP WITH**





**Prevention Partnership International**  
EMBRACING, EMPOWERING AND GUIDING FAMILIES

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**FOR OTHER MATERIALS ON PROVIDING ONLINE**  
***CELEBRATING FAMILIES!*<sup>™</sup> GROUPS REFER TO:**

JULY 9, 2020 WEBINAR – BASIC PROGRAM  
OCTOBER 9, 2020 WEBINAR – GROUPS FOR 4-7 YEAR OLDS  
AVAILABLE AT: <https://www.preventionpartnership.us/webinar-documents>

***Celebrating Families!*<sup>™</sup>** and ***¡Celebrando Familias!*** are programs of NACoA (National Association for Children of Addiction) offering curriculum materials, technical assistance, and training services. For more information in California contact: Melissa Santos, [Melissa.Santos@communitysolutions.org](mailto:Melissa.Santos@communitysolutions.org)  
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## **GUIDING PRINCIPLES**

Guiding Principles provide a foundation for interactions and relationships with the children, parents and families seeking care. They can make a crucial difference in families' ability to heal, learn new skills, and become healthy, happy\*, responsible, addiction free. We recommend these Principles for everyone leading *Celebrating Families!*™ groups.

### ***A belief that ....***

- ~ All parents love their children.
- ~ Families tell us who they are -- we accept and welcome them.
- ~ Substance use disorders (SUD) and mental health challenges are not predestined. They have both genetic and environmental causes.
- ~ Recovery is a process.
- ~ Everyone has the ability to learn new skills.
- ~ Everyone learns differently.

### ***An Intention to....***

- ~ Be a community of lifelong learners – we are not experts.
- ~ Honor and respect the vital role of parents in their children's lives.
- ~ Create safe, nurturing relationships based on trust.
- ~ Be authentic and enter into our work knowing who we are and what we bring.
- ~ Listen to and accept what is shared, withholding judgment.

### ***An understanding that ...***

- ~ People's stories are important.
- ~ Diversity is to be honored.
- ~ We learn from each other.
- ~ We must model healthy living, including recovery.
- ~ Skills must be taught intentionally.
- ~ We must challenge society's widely held beliefs about substance use disorders and families.
- ~ It is important to provide a safe space for participants to grow and develop.

### ***We honor and respect children by ...***

- ~ Providing a safe setting for them to learn.
- ~ Being intentional in our activities.
- ~ Modeling healthy living.
- ~ Knowing we learn from them.
- ~ Understanding they are developing and learning new skills/behaviors.
- ~ Listening to and following their lead.
- ~ Relaxing and delighting in them.
- ~ Recognizing parents are the experts of their experience with their children

**\*An alternative meaning for "happy" is "flourishing", which evokes virtue, good conduct and generous citizenship**

## LEADING ONLINE GROUPS FOR THE 0-3 YEARS PROGRAM

### Introduction

#### **Why the 0-3 Years Program is Important**

*“Attachment may be the key to breaking the multi-generational cycle of addiction and abuse” (Felitti, 2003)*

Supporting **parents/caregivers\*** to develop healthy attachment and modeling/demonstrating positive parenting skills is important for parents in recovery. This is particularly valuable for parents who may not have been parented in healthy ways themselves. Children need to believe their caregivers love them and can depend on them to keep them safe. *Celebrating Families!* developers believe that recovering parents do love their children but have few intuitive healthy parenting skills. Plus, since substance abuse disorders are multi-generational, rarely are extended family members available to help.

The 0-3 Component for *CF!* was specially designed to strengthen parent/caregiver attachment by helping the adult acquire essential parenting skills and build consistent, safe, predictable relationships to meet their children’s needs.

**\* PLEASE NOTE:** This document uses the term “caregiver” and “parent” interchangeably.

#### **How the 0-3 Years Model is Different**

The *CF! 0-3 Program* addresses the unique needs of this age group by:

1. Considering the parent/child relationship as the “client”, the primary focus is strengthening the parent/child attachment.
2. Teaching parents the Essential Parenting Skills and guiding them to practice them during the 0-3 Family Time.
3. Supporting learning and interaction between sessions with the *Dear Parent/Caregiver Handouts*.
4. Establishing the Group Leader's role as “A Guide On The Side” (see the bullet: *Facilitating the Essential Skills* under *Tip #2:* below).

The Parents’ Group in the 0–3 Years Program also includes some important differences:

1. The Application to Parenting Activity contains specific information for parenting 0-3 year olds.
2. A new section, Supporting Healthy Attachment, contains information and practical suggestions to strengthen their parent/child attachment.
3. A *0-3 Family Time* has been added to the beginning of the session. Parents participate with their children in activities that are age-appropriate for 0-3 year olds. They are also introduced to and practice the Essential Parenting skills.

**When there is Healthy Attachment the child both feels and believes:**

**“I am loved by my parent/caregiver!”**

**“I am safe and secure in my parent's/caregiver’s care!”**

**“I am the center of my parent's/caregiver’s attention!”**

## Importance of the Essential Parenting Skills

*“Positive parenting practices demonstrate robust protective effects, independent of the number of adverse childhood experiences. This evidence supports promotion of positive parenting practices at home, especially for children exposed to high levels of adversity.”*

*American Journal of Preventive Medicine, 2019*

The early years of a child’s life are the most important for laying the foundation for a healthy life and brain. This development is facilitated by using specific parenting skills (the Essential Parenting Skills):

Parting and Returning Affirmations	Sportscasting/Narration (Language Development)
Centering and Self-Soothing	Turn Taking Interactions
Following Children’s Lead	Making Simple (Age Appropriate) Choices
Baby Signs	Continuity and Repetition
Baby Cues	Reading to Children

It is vital that all Group Leaders have a knowledge of and are able to guide parents to use these Essential Skills. There are two sources providing detailed information for training Group Leaders:

- 1. The *Essential Information and Parenting Skills* Booklet.** In addition to a description of each skill, it also includes foundational information on subjects including Adverse Childhood Experiences (ACEs), Healthy Attachment, Child Development, Being A Guide On the Side and more. Download the booklet at: <https://www.preventionpartnership.us/webinar-documents>.
- 2. Essential Parenting Skills Training Modules.** The complete *CF! 0-3 Program* includes a *Training Manual* located on an accompanying Flash Drive. See *Resources* below for more information.

## Strategies For Leading The Online Groups

**1. Materials and Supplies.** The Preface to the *CF! 0-3 Program* contains lists of the materials needed for the *0-3 Family Time* (first 20 minutes of group) and the Parent/Caregiver Groups. For online groups, these materials are provided as follows:

- ***0-3 Family Time Materials.*** For each session, parents will need items to interact with their children, such as rattles, stuffed toys or puppets, small balls, blocks, a silky scarf, a few age-appropriate books, etc. A listing of items is included in the *0-3 Program Preface* under *0-3 Family Time Activity Boxes*. It is strongly recommended that sites provide parents with a box containing a number of these items , including *The Kissing Hand* book (which is used in group). Items can be obtained using money saved from not having to provide meals each week. Boxes can be given to families during Intake (if being done in person).
- ***Baby Cues.*** The Baby Cues materials are needed for the Parents’ Group and the 0-3 Family Time. If you are doing only the 0-3 Family Time you will need the Flashcards and the Parent Handout (comes in a pad of 50). If you are doing the Parent Group you will also need the Baby Cues DVD. All materials are available from: [www.pcrprograms.org](http://www.pcrprograms.org) (click on Store).
- ***Handouts and Other Supplies.*** All handouts and other supplies needed for each session must to be sent to parents in advance. It is recommended that sites send at least 2-3 weeks of materials at a time and use different colors for each session’s handouts to avoid confusion.

**2. Leading the 0-3 Family Time.** The *0-3 Family Time* is incredibly important. The activities planned for each session are specifically designed to promote parent/child attachment through:

- Centering together as a family
- Learning the value of playing together by engaging in simple, age appropriate activities
- Practicing the Essential Skills for parenting 0-3 year olds
- Affirming their children

Some elements of this time need to be adapted to an online format:

- **Begin with a quick “check-in” to see how parents/caregivers are doing.** Ask questions such as: How are you doing? How do you feel your child is doing? Which of the Essential Skills have you been using and how is it going? Can you share a WOW Moment, etc.
- **Short Teaching.** For sites that are not offering the Parent/Caregivers’ Group, a short teaching time has been added. In addition to the Essential Parenting Skills, several key teachings from the Parents’ Group have been added. Be aware that this often included copies of handouts from the Parents’ Group. These are noted in the 0-3 Family Time Matrix.
- **Reading Books.** Each session begins with the reading of a children’s book. One pilot site tried reading the book by holding it up to the camera, but soon transitioned to showing e-books using screen share. Many children’s books are available on YouTube. A few recommended titles and their links are listed in *Resources* (below).
- **Singing.** Using songs in the 0-3 Family Time teaches caregivers the importance of singing with their children on an on-going basis. Suggestions for handling the songs: 1) The Group Leaders lead the song (with the motions) while families turn off their mics and sing along. 2) Group Leaders can play YouTube versions of the songs using screen share while families sing along (mics off). Versions of the songs used in 0-3 Family Time are listed in *Resources*.
- **Facilitating the Essential Skills (Being A Guide On The Side).** In the 0-3 Program, the primary role of Group Leaders is to be a Guide On The Side guiding parents to determine what their children need and empowering them to meet those needs in healthy ways. In online groups this is accomplished by Group Leaders becoming observers of how parents are interacting with their children, implementing the Essential Skills and dealing with their children’s behavior in appropriate ways. Throughout the session they can share their observations, affirming positive behaviors and offering suggestions for improvement.
- **Flipchart Pages.** Used only occasionally in the 0-3 Family Time, two suggestions for handling them are: 1. Make them into handouts and send them to parents in advance. 2. Prepare them in a PowerPoint Presentation and share them using screen share.
- **Family Photo Booth.** Sessions 3, 9 and 15 contain instructions for a taking pictures of the families to give to them in Session 16. It is not possible to do this as written, pictures can be taken online using screen shots. Although not as easy to do, the benefits of providing these pictures are many, including:
  1. **Parents in early recovery may not have pictures of themselves with their children.** These photos may become a family treasure for them.
  2. **They help create a family identity**, which is an important family protective factor.
  3. **Parents who do not live with their children will have a picture they can enjoy every day** as they look forward to reunification. Children also have a picture of their own.
  4. **At the end of the series, families will be able to compare their three photos** to see how much change and growth has occurred during the program. This becomes a visual reminder of how their hard work is benefitting them.

### 3. Leading the Parents/Caregivers Group.

**NOTE: Although challenging in the 0-3 Online Program, it is HIGHLY RECOMMENDED sites offer the Parent/Caregiver Group.**

- **Parent Notebooks.** Notebooks are distributed to parents in the first session. Since you will not be able to collect them to keep them safe in-between sessions, be sure to tell parents to keep them someplace safe where they cannot be read by others and children cannot reach them.

- **Establish/Review Group Agreements.** Group Agreements are established in the first meeting and reviewed at the start of all meetings. If a participant becomes disruptive, remind them of the agreement and ask them to follow it. If the behavior continues, ask them if they would like to take a break (to get a drink of water or just take a short walk) or talk with the co-leader in a separate chat room. You will need to adapt the Agreements to be appropriate for online groups, including adding rules about Online Meeting Etiquette *1. Be Prepared with all needed paperwork/supplies. 2. Sit Up Straight and be visible from the chest up. 3. Focus on the group avoiding all other distractions. 4. Do not vape/smoke.* Thanks to BestSelf Behavioral Health, Inc., Buffalo, NY
- **Have frequent “check-ins” with group members.** Begin group with a quick check-in, asking questions such as: *How are you doing? How do you feel your child is doing? Which of the Essential Skills have you been using and how is it going? Can you share a WOW Moment from this week?* You might also start group with a check-in such as: *Rose* (something good this week) *Thorn* (something bad) *Popcorn* (a surprise). You can also incorporate a quick check-in anytime you feel it is needed to be sure you are in tune with how your parents/caregivers are doing and what they are feeling.
- **Flipchart Pages.** Two suggestions for handling the flipchart pages are: 1. Make them into handouts and send them to parents in advance. 2. Prepare them in a PowerPoint Presentation and share them using screen share.
- **Leading the Role Plays.** Role Plays are essential to the curriculum but leading them in an online format can be intimidating, but our pilot sites have found that it works. One approach they have used is to have the Group Leaders do the role plays as demonstrations and then “debrief” them using the appropriate questions. Most sites have successfully involved group members as participants. A demonstration of this is available online: <https://drive.google.com/file/d/12XPzCK03XDGDmMrSKI4mi3Yne7SSCgy1/view?usp=sharing>
- **Strategies for providing privacy during groups.**
  - **Have participants wear headphones during group.** This provides some privacy as far as other adults or children hearing parents sharing.
  - **Create a “safe” place.** Parents hopefully can go to another room, outside (weather permitting, of course), or sit in a car or truck.
  - **Code Word:** Establish a code word that participants can use if they do not feel safe sharing.
  - **Mechanism for support.** Group leaders might consider providing a mechanism for parents or caregivers to reach out for support if needed, such as an agency email or phone number. (Google and some text messaging apps provide alternative phone numbers that link to your personal phone, so that it is kept private. The service is typically free of charge.)

**5. Technology Tips.** The document from the July 9<sup>th</sup> webinar contains helpful information about setting up and using the technology for online groups. You can read or download this document at: <https://www.preventionpartnership.us/webinar-documents>.

## Additional Resources

### **CF! 0-3 Program Group Leader Training Manual**

Nine scripted lesson plans to train Group Leaders in the unique skills necessary to facilitate groups for this age group are included on an accompanying Flash Drive. Session topics include *The Essential Parenting Skills, Healthy Attachment, Being A Guide on the Side* and more. Also included is training for leading the *0-3 Family Time* and the *Parents/Caregivers’ Group*.



### **CF! 0-3 Essential Parenting Skills & Information**

A description of CF!'s Essential Parenting Skills created for staff and volunteers not providing groups. This booklet helps them model and coach clients between sessions. Available online at [https://585dc6e5-e1e1-4a6d-a56f-158126e13b47.filesusr.com/ugd/7caed1\\_010ca69eb352493aaea852c567a56ec2.pdf](https://585dc6e5-e1e1-4a6d-a56f-158126e13b47.filesusr.com/ugd/7caed1_010ca69eb352493aaea852c567a56ec2.pdf)

### **Tips Booklets**

Six booklets created for parents in early recovery with young children describing: How to Strengthen Attachment; How to Communicate with Young Children; How to Discipline with Love & Respect; How to Help Children Express Their Feelings; How to Show My Love; and How to Play with Young Children . Available for \$35 with unlimited copying from PPI at [rstisch@gmail.com](mailto:rstisch@gmail.com)

### **0-3 Family Time Recommended Books**

*The Kissing Hand* <https://www.youtube.com/watch?v=dPUW1t9Gu4s>

*Have You Filled Your Bucket Today* <https://www.youtube.com/watch?v=JEg38zCOMgk>

*The Dragon Who Lives at Our House* <https://www.youtube.com/watch?v=9vMzF4C1ERo>

*Love You Forever* <https://www.youtube.com/watch?v=70aHBZEbrxo>

*Oh, the Places You'll Go!* by Dr. Seuss <https://www.youtube.com/watch?v=fmOCyP4VyP4>

*Where The Wild Things Are* [https://www.youtube.com/watch?v=-ej\\_kl8lI3l](https://www.youtube.com/watch?v=-ej_kl8lI3l)

*Madeline* <https://www.youtube.com/watch?v=JZQ3Or84G9U>

*A You're Adorable* <https://www.youtube.com/watch?v=muRq4KZ0mZk>

*Goodnight Moon* <https://www.youtube.com/watch?v=Rkysjgb-wwQ>

*The Giving Tree* <https://www.youtube.com/watch?v=XFQZfeHq9wo>

*Pig Will Pig Won't* <https://www.youtube.com/watch?v=NrM-cVzIC3w>

*The Little Engine That Could* [https://www.youtube.com/watch?v=\\_2EhWYGbi5o](https://www.youtube.com/watch?v=_2EhWYGbi5o)

### **0-3 Family Time Songs**

A file containing a voice only recording of all the 0-3 Program songs is available. You can receive this file via email by sending a request to: [preventionpartnershipinter@gmail.com](mailto:preventionpartnershipinter@gmail.com).

The Itsy Bitsy Spider [https://www.youtube.com/watch?v=1MXzCD8IAcE&ab\\_channel=SuperSimplePlay](https://www.youtube.com/watch?v=1MXzCD8IAcE&ab_channel=SuperSimplePlay)

If You're Happy ... [https://www.youtube.com/watch?v=l4WNrvVjiTw&ab\\_channel=SuperSimpleSongs-KidsSongs](https://www.youtube.com/watch?v=l4WNrvVjiTw&ab_channel=SuperSimpleSongs-KidsSongs)

Head & Shoulders [https://www.youtube.com/watch?v=RuqvGiZi0qg&ab\\_channel=SuperSimpleSongs-KidsSongs](https://www.youtube.com/watch?v=RuqvGiZi0qg&ab_channel=SuperSimpleSongs-KidsSongs)

Old MacDonald [https://www.youtube.com/watch?v=\\_6HzoUcx3eo&ab\\_channel=SuperSimpleSongs-KidsSongs](https://www.youtube.com/watch?v=_6HzoUcx3eo&ab_channel=SuperSimpleSongs-KidsSongs)

### **Websites for Group Leaders and Parents**

The following websites contain important articles/resources to enrich childcare professionals and age-graded activities for parents to help increase their attachment and facilitate healthy development. Group Leaders are encouraged to peruse these sites themselves and be sure their parents know about them:

[www.SesameStreet.org](http://www.SesameStreet.org) This website contains a variety of games, songs, videos, art projects, printable coloring/activity sheets and other activities parents can do with their young children.

[www.First5California.com](http://www.First5California.com) This website contains a lot of information on activities, development for different age groups (0-5 years) and relevant answers to parents/caregivers' questions. For activities, click on *Boost Babies Brain* and scroll to *Get activities* or click on the drop-down menu *Activities and more*.

[www.ZeroToThree.org](http://www.ZeroToThree.org). This website contains many articles, videos and activity suggestions on a wide variety of topics on parenting this age group. Explore these resources by clicking on the drop-down menus *Explore Our Topics* and *Find Resources & Services*.

## **RECOGNIZING ABUSE AND NEGLECT IN THE VERY YOUNG CHILD (0-3) IN ONLINE GROUPS**

*Sources: Dr. Kiti Randall Time-In Programs*

*Child & Family Services Division of CA Dept. of Social Services, CA Dept. of Education  
National Alliance for Drug Endangered Children*

- 1. Group leaders are mandated reporters.** If you suspect a child may be at risk of harm due to substance use or drug activity, you have a mandatory duty to report. Be sure you know the guidelines and procedures of your agency and your state's Department of Social Services. If you are concerned about the immediate safety of a child, call 911. California Department of Social Services provides a web page with free training to meet California's Mandated Reporter Training. More information is available at [www.childwelfare.gov/pubPDFs/educator.pdf](http://www.childwelfare.gov/pubPDFs/educator.pdf).
- 2. Be supportive and patient.** Take time to check in at beginning of Parent Group about how children are eating, sleeping and engaging. This will give you an indication of potential stressors and/or triggers. (Remember abuse during the first few years of life is often triggered by the parent's poor understanding of child development and erroneous beliefs of what the infant/toddler should be able to do.)
- 3. If you see the following situations please observe the interaction and how the caregiver handles them:**
  - **Infant/Toddler is fussy:** Does caregiver know how to calm the child and does child respond?
  - **Infant/Toddler cries:** Does the caregiver understand the needs of the child? Are they able to meet those needs?
  - **The Infant/Toddler does not follow caregiver's directions:** Does the caregiver have a repertoire of behaviors to engage the child?
  - **Infant/Toddler and caregiver play together:** Does the child appear calm and engaged with caregiver or anxious or fearful?

You want to get a sense of how the child responds to the caregiver and if the caregiver is attuned with the child. If you see a lack of skills or need for help, find ways to attain some individual help and provide coaching/guiding on the side. Report if you see any parental behaviors that make you uncomfortable.

- 4. Trust and follow your intuition.**
  - Is the parent/caregiver avoiding or deflecting answering a question?
  - Does the parent/caregiver interrupt or distract from your questions that might elicit an answer that could reveal potential abuse/neglect?
  - Does the child appear to be afraid? Are they responding with emotions that are inappropriate to the situation (dysregulated)? Avoiding eye contact? Anxiously looking to see what their parent or others in the environment are doing (hypervigilant)?
  - Does the parent/caregiver keep the infant/toddler away from view?
- 5. Pay attention to the background.**
  - Can you see any safety hazards? Does anything in the background look dangerous? Can you see drug paraphernalia, disarray or broken items?
  - Do you hear yelling, screaming or aggressive conflict in the background?
  - Can you hear any other inappropriate conversations in the background?
  - How does the child appear or respond to the environment?
  - When a parent/caregiver walks within view does the child's behavior change?
- 6. As always keep notes on dates and times of groups and other times you may check in on parents, caregivers or children.** Document any behavior or comments that raise a concern. If you are worried, connect with your supports (another group leader, clinical director).

**CHILDREN'S SAFETY IS OUR NUMBER ONE PRIORITY.**

## **RECOMMENDED SESSION AGENDAS**

### **Online Group**

***Family Time: 30-45 minutes (Parents/Caregivers participate with their children)***

Gathering: Read a Story

Centering

Short Teaching Time:

    Introduce/review Essential Parenting Skills Used in the Session

    Supporting Attachment Information/Activity

Parent/Caregiver & Child Activity (Practice Essential Parenting Skills & Strengthen Attachment)

Ending: Song

***\*Break (If providing the Parent/Caregivers Group): 10 Minutes***

Parents secure children in a safe place and deliver a Parting Affirmation

***\*Parent/Caregivers Group: 60 Minutes***

Opening: Centering, Focus Question, Group Agreements, Review and Healthy Attachment Activity  
Insights for Living: Session Activities

Closing: Focus Question Reviewed, Most important Part of Today's Session Instructions for During  
the Week Activities and Serenity Saying

**\* NOTE: The Parent/Caregiver Group in the online program is highly recommended.**

### **During the Week Activities**

***Throughout the Week: Practice Skills and Activities Learned in Group***

Look for opportunities to use the Essential Parenting Skills

Sing songs and repeat activities learned during Family Time

***Use the Dear Caregiver... Handout***

Read all the articles

Choose one or two of the suggested activities to do with children

## MATRIX OF SUGGESTED ACTIVITIES

### FOR 0-3 FAMILY TIME

<b><u>SESSION 1: ORIENTATION &amp; GETTING STARTED</u></b>		
<p><b>0-3 Program Key Objectives:</b>            Establish trust in the Group            Participate in simple activities during Family Time            Introduce parents to the Essential Parenting Skills</p> <p><b>Essential Parenting Skills Introduced in this Session:</b>            Following Children’s Lead            Parting/Returning Affirmations</p> <p><b>Supporting Healthy Attachment:</b>  <i>Connecting With Our Children – Parents’ Group Activity #3</i></p>	<p><b>0-3 Family Time: 30-45 Minutes</b></p> <p><b><i>Opening</i></b>            Greeting and Introductions            Centering (take 3 deep breaths together)            Read a Storybook</p> <p><b><i>Short Teaching</i></b>            Introduce the Essential Parenting Skill of Following Children’s Lead            Connecting With Our Children (Parents’ Group Activity #3)</p> <p><b><i>Activity</i></b>            Practice the Skill of Following Children’s Lead</p> <p><b><i>Closing</i></b>            Discuss the <i>During the Week</i> Assignments (see next column). Be sure parents understand what they are to do.            Song: <i>Itsy Bitsy Spider</i> with motions            Say/wave Good-bye!</p> <p><b>*Break: 10 minutes (see note below)</b></p>	<p><b>During the Week</b></p> <p><b><i>Give Daily Affirmations</i></b>  <b><i>Practice Essential Parenting Skills:</i></b>            Following Children’s Lead            Giving Parting and Returning Affirmations</p> <p><b>Dear Caregiver Pages</b>            Read the Article on the back page: <i>Is Anything Wrong?</i>            Use the <i>Tips for Giving Daily Affirmations</i> to help you accomplish this assignment.            Sing <i>Itsy Bitsy Spider</i> with your child as often as possible (words and motions are included)</p>

**\*NOTE: If you are doing the Parents Group next, take a short break for parents to secure their children in a safe place, such as:**

- Take them to a childcare room (residency sites)
- Place them in the care of another caregiver to take to another room
- If children must stay in the room with the parent, place them in a other safe place or nap.

## SESSION 2: HEALTHY LIVING

### **0-3 Program Key Objectives:**

Learn to Center as a Family  
Learn and practice new Essential Parenting Skills  
Introduce Attachment and its importance to children’s development.

### **Essential Parenting Skills in this Session:**

#### **NEW:**

Centering as a family  
Sportscasting/Narrating  
Baby Signs for “more” and “all done”  
Reading to Children

#### **OTHERS:**

Following Children’s Lead  
Parting/Returning Affirmations (if using the Parents’ Group)

### **Supporting Healthy Attachment:**

*What Is Attachment* – from Parents’ Group Introduction  
*Reading With Our Children* – from Parents’ Group Activity #4  
**Handout Needed:** *Reading With Our Children*

### **0-3 Family Time: 30-45 Minutes**

#### ***Opening***

Greeting & Brief Check-In  
Read a Storybook  
Center as a Family

#### ***Short Teaching***

Introduce the Skills of Sportscasting/ Narration and the Baby Signs for “more” and “all done”  
Introduce the Essential Parenting Skill of *Reading With Our Children* by briefly reviewing the Handout from Parents’ Group Activity #4  
Briefly review *What Is Attachment* – from Parents’ Group Introduction

#### ***Activities***

Choose activities appropriate for the ages of your children:

#### **Infants & Toddlers:**

*Pat-A-Cake*  
*SOOO Big!*

Both these activities use the skills of Sportscasting/ Narrating, Following Children’s Lead and using Baby Signs

#### **2 & 3 yr. olds:**

Craft: Scribbles, using the skills of Following Children’s Lead and Sportscasting/Narrating

#### ***Closing***

Discuss the *During the Week* Assignments (see next column). Be sure parents understand what to do.  
Song: *Itsy Bitsy Spider* with motions  
Say/wave Good-bye!

**\*Break: 10 minutes** (see note in Session 1)

### **During the Week**

#### ***Give Daily Affirmations***

#### ***Focus on Practicing These Essential Parenting Skills:***

Sportscasting  
Baby Signs for “more” and “all done”  
Reading With Children  
Give Parting and Returning Affirmations

***Continue to Sing Itsy Bitsy Spider*** with your child as often as possible.

#### **Dear Caregiver Pages**

Read the Article on the back page: *PLAY*  
Review the Baby Signs  
Review the instructions and play *Pat-A-Cake* often (uses the skills of Following Children’s Lead, Sportscasting and Baby Signs)  
Read the information about using and getting books for your children and look at books often

## SESSION 3: NUTRITION

### **0-3 Program Key Objectives:**

Share a special *Kissing Hand* Affirmation  
Discuss the importance of, and guidelines for consistent mealtimes

### **Essential Parenting Skills in this Session:**

#### **NEW:**

Baby Signs for “eat” and “love”

#### **OTHERS:**

Centering  
Baby Signs for “more” and “all done”  
Following Children’s Lead  
Parting/Returning Affirmations (if using the Parents’ Group)

### **Supporting Healthy Attachment:**

*Guidelines for Consistent Mealtimes* – from Parents’ Group Activity #5

***Handout Needed:*** *Guidelines for Consistent Mealtimes*

### **0-3 Family Time: 30-45 Minutes**

#### ***Opening***

Greeting & Brief Check-In  
Center as a Family  
Read *The Kissing Hand*

#### ***Short Teaching***

Learn and practice the *Kissing Hand Affirmation*  
Introduce the Baby Signs for “love” and “eat”. Review the baby signs for “more” and “all done” and Following Children’s Lead  
Briefly review the Handout from Parents’ Group Activity #5

#### ***Activities***

##### **Infants & Toddlers:**

*Pat-A-Cake* and SOOO Big! Use the skills of Following Children’s Lead and the Baby Signs for “more” and “all done”

##### **Older Toddlers and 2 & 3 yr. olds:**

*Hug-A- Baby* and *Feed-A- Baby*. Use the skills of Following Children’s Lead and the Baby Signs for “love”, “eat” “more” and “all done”.

#### ***Closing***

Discuss the *During the Week* Assignments (see next column). Be sure parents understand what to do.  
Song: *Itsy Bitsy Spider* with motions  
Say/wave Good-bye!

**\*Break: 10 minutes** (see note at the end of Session 1)

### **During the Week**

#### ***Give Daily Affirmations***

***Have consistent mealtimes daily (or as often as possible)***

#### ***Focus on Practicing These Essential Parenting Skills:***

Baby Signs for “more”, “all done”, “love” and “eat”  
Read/look at books  
Following Children’s Lead  
Parting and Returning Affirmations

***Continue to Sing Itsy Bitsy Spider*** with your child as often as possible.

#### **Dear Caregiver Pages**

Read the Article on the back page: *Nutrition and Your Child*  
Review the *Kissing Hand Affirmation* and use it as appropriate  
Review the *More Play Time Ideas* and try one that is new to you.  
Try having a Tea Party with your children (can practice many skills: Following Children’ Lead, Sportscasting/Narration, Baby Signs)

## SESSION 4: COMMUNICATION

### **0-3 Program Key Objectives:**

Introduce the Essential Skill of Turn Taking  
Learn methods of communicating with young children

### **Essential Parenting Skills in this Session:**

#### **NEW:**

Turn Taking Interactions

#### **OTHERS:**

Centering  
Following Children's Lead  
Sportscasting/Narration  
Baby Signs for "more" and "all done"  
Parting/Returning Affirmations (if using the Parents' Group)

### **Supporting Healthy Attachment:**

*Communicating with Young Children* – from Parents' Group Activity #5

**Handout Needed:** *Communicating with Young Children*

### **0-3 Family Time: 30-45 Minutes**

#### ***Opening***

Greeting & Brief Check-In  
Read a Storybook  
Center as a Family

#### ***Short Teaching***

Introduce the skill of Turn Taking Interactions and review the skills of Sportscasting/Narration and the Baby Signs for "more" and "all done"  
Briefly review the Handout from Parents' Group Activity #5

#### ***Activities***

##### **Infants & Toddlers:**

*Peek-A-Boo* and *SOOO Big!* Use the skills of Turn Taking, Following Children's Lead and the Baby Signs for "more" and "all done"

##### **2 & 3 yr. olds:**

*Can You Do What I Do?* Uses the skills of Turn Taking, Following Children's Lead and Sportscasting/ Narration

#### ***Closing***

Discuss the *During the Week* Assignments (see next column). Be sure parents understand what to do.  
Song: *Itsy Bitsy Spider* with motions (or introduce another age-appropriate song of your choice)  
Say/wave Good-bye!

**\*Break: 10 minutes** (see note at the end of Session 1)

### **During the Week**

#### ***Give Daily Affirmations***

***Have consistent mealtimes daily (or as often as possible)***

#### ***Focus on Practicing These Essential Parenting Skills:***

Read/look at books  
Turn Taking Interactions  
Following Children's Lead  
Use the Baby Signs  
Parting and Returning Affirmations

***Continue to Sing Itsy Bitsy Spider*** with your child as often as possible.

### **Dear Caregiver Pages**

Read the Article on the back page:

*Communicating With Infants and Toddlers*

Do the Finger play *'Round the House* with children to practice the skills of Turn Taking and Baby Signs

Try creating a Treasure Hunt for your children

Sing *Old MacDonald* to practice learning animal sounds. This is a great activity to practice Following Children's Lead, Baby Signs and Turn Taking Interactions.

## SESSION 5: FEELINGS AND DEFENSES

### **0-3 Program Key Objectives:**

Practice using the Essential Skills learned so far  
Learn a song about expressing feelings  
Introduce the Essential Parenting Skill of Recognizing Baby Cues

### **Essential Parenting Skills in this Session:**

#### **NEW:**

Baby Cues

#### **OTHERS:**

Centering  
Following Children's Lead  
Turn Taking Interactions  
Baby Signs  
Parting/Returning Affirmations (if using the Parents' Group)

### **Supporting Healthy Attachment:**

*Recognizing Baby Cues* – from Parents' Group Activity #5

### **Materials Needed:**

Baby Cues Flashcards  
Baby Cues Parent Handout *Look What I'm Saying*

**NOTE:** These items are available for purchase from [www.pcrprograms.org](http://www.pcrprograms.org) (click on Store). Handout comes in a pad of 50.

### **0-3 Family Time: 30-45 Minutes**

#### ***Opening***

Greeting & Brief Check-In  
Read a Storybook  
Center as a Family

#### ***Short Teaching***

Introduce the Essential Skill of *Recognizing Baby Cues*, using an abbreviated version of Activity #5 from the Parents' Group  
Briefly review the skills of Sportscasting/Narration and the Baby Signs for "more" and "all done"

#### ***Activities***

##### **Infants & Toddlers:**

*'Round the House* Finger Play  
Parents choose past favorites to repeat. Remind them to use the skills for this session (see column at left)

##### **2 & 3 yr. olds:**

*Stack 'Em Up and Knock 'Em Down!*  
Uses the skills of Turn Taking and Following Children's Lead

#### ***Closing***

Discuss the *During the Week* Assignments (see next column). Be sure parents understand what to do.  
Learn new song: *If You're Happy and You Know It* with motions  
Say/wave Good-bye!

**\*Break: 10 minutes** (see note at the end of Session 1)

### **During the Week**

#### ***Give Daily Affirmations***

***Have consistent mealtimes daily (or as often as possible)***

#### ***Focus on Practicing These Essential Parenting Skills:***

Recognizing and Responding to Baby Cues  
Read/look at books  
Turn Taking Interactions  
Following Children's Lead  
Parting and Returning Affirmations

***Continue to Sing*** with your child as often as possible:

*Itsy Bitsy Spider*  
*If You're Happy And You Know It*

### **Dear Caregiver Pages**

Read the Article on the back page: *Learning About Feelings*

Give your child the affirmation of "I Delight in You"

Have fun with your child by dancing to the music! A great activity to practice the skills of Following Children's Lead, Sportscasting/Narration and Turn Taking

Sing *If You're Happy and You Know It* (words and motions are included)





## SESSION 6: ANGER MANAGEMENT

<p><b>0-3 Program Key Objectives:</b> Practice the Skills of Recognizing Baby Cues and Following Children’s Lead Introduce the skill of using Time-Ins</p> <p><b>Essential Parenting Skills in this Session:</b> <u><b>NEW:</b></u> Continuity and Repetition <u><b>OTHERS:</b></u> Centering Recognizing Baby Cues Following Children’s Lead Turn Taking Interactions Sportscasting/Narration Baby Signs Parting/Returning Affirmations (if using the Parents’ Group)</p> <p><b>Supporting Healthy Attachment:</b> <i>Using Baby Cues Effectively</i> – from the Parents’ Group Introduction Introduce <i>Using Time-Ins</i> – from Parents’ Group Activity #5</p>	<p><b>0-3 Family Time: 30-45 Minutes</b></p> <p><b>Opening</b> Greeting &amp; Brief Check-In Read a Storybook Center as a Family</p> <p><b>Short Teaching</b> Introduce the Essential Skill of <i>Continuity and Repetition</i> as the basis for what they will be doing during this session Review the skill of <i>Baby Cues</i> with the <i>Using Baby Cues Effectively Activity</i> from the Parents’ Group Introduction <u>Briefly</u> introduce <i>Using Time-Ins</i>, which is included in Parents’ Group Activity #5</p> <p><b>Activities</b> <u><b>Infants &amp; Toddlers:</b></u> Invite parents to take turns choosing activities they would like to repeat from past sessions. For each one, ask them to identify what skills they can practice while doing this activity. <u><b>2 &amp; 3 yr. olds:</b></u> Same as Infants and Toddlers</p> <p><b>Closing</b> Discuss the <i>During the Week Assignments</i> (see next column). Be sure parents understand what to do. Sing <i>If You’re Happy and You Know It</i> with the motions Say/wave Good-bye!</p> <p><b>*Break: 10 minutes</b> (see note at the end of Session 1)</p>	<p><b>During the Week</b> <b>Give Daily Affirmations</b> <b><i>Have consistent mealtimes daily (or as often as possible)</i></b> <b>Focus on Practicing These Essential Parenting Skills:</b> Recognizing Baby Cues Turn Taking Interactions Following Children’s Lead Sportscasting/Narration Parting and Returning Affirmations <b>Use the Skill of Repetition:</b> Sing the songs, do the activities and look at the books your children enjoy repeatedly.</p> <p><b>Dear Caregiver Pages</b> Read the Article on the back page: <i>Reduce the Stress ... Reduce the Anger.</i> Try doing a <i>Family Act of Kindness</i> Try some of the suggestions to enjoy quiet times together</p>
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## SESSION 7: FACTS ABOUT ATOD

### **0-3 Program Key Objectives:**

Continue to Practice Essential Parenting Skills  
Parents discuss how parents in early recovery can support their children

### **Essential Parenting Skills in this Session:**

Centering  
Recognizing Baby Cues  
Using Baby Signs  
Following Children's Lead  
Turn Taking Interactions  
Parting/Returning Affirmations (if using the Parents' Group)

### **Supporting Healthy Attachment:**

*Valuing Our Children* – from the Parents' Group Introduction  
*Supporting Our Children* – from Parents' Group Activity #3

**Handout Needed:** *Supporting Our Children*

### **0-3 Family Time: 30-45 Minutes**

#### **Opening**

Greeting & Brief Check-In  
Read a Storybook  
Center as a Family

#### **Short Teaching**

Review *Valuing Our Children* from the Parents' Group Introduction  
Briefly review the handout from Parents' Group Activity #3

#### **Activities**

##### **Infants:**

Practice recognizing Baby Cues and Turn Taking while playing *Peek-A-Boo* and *Soo Big!*

##### **Toddlers:**

Practice recognizing Baby Cues and Turn Taking while playing *Stack 'Em Up and Knock 'Em Down*

##### **2 & 3 yr. olds:**

Practice recognizing Baby Cues and Turn Taking while making a collage

#### **Closing**

Discuss the *During the Week* Assignments (see next column). Be sure parents understand what to do.  
Introduce *Ring Around the Rosie* or sing another song together  
Say/wave Good-bye!

**\*Break: 10 minutes** (see note at the end of Session 1)

### **During the Week**

#### **Give Daily Affirmations**

***Have consistent mealtimes daily (or as often as possible)***

#### **Focus on Practicing These Essential Parenting Skills:**

Continuity and Repetition  
Recognizing Baby Cues  
Following Children's Lead  
Sportscasting/Narration  
Parting and Returning Affirmations

***Continue to Repeat Favorite songs, activities and books*** with your child as often as possible.

#### **Dear Caregiver Pages**

Read the Article on the back page: *The Great Explorers*

Try doing one of the Brain Boosters and Relationship Builders

Do *This Little Piggy* and/or *Pop Goes the Weasel* with your child (uses the skills of Turn Taking, Following Children's Lead, Recognizing Baby Cues and using Baby Signs)

## SESSION 8: CHEMICAL DEPENDENCY IS A DISEASE

### **0-3 Program Key Objectives:**

Review the skills learned so far and practice using them during family activities  
 Discuss the importance of laughter to building relationships with our children  
 Families learn a new song

### **Essential Parenting Skills in this Session:**

Centering  
 Recognizing Baby Cues  
 Following Children's Lead  
 Turn Taking Interactions  
 Sportscasting/Narration  
 Baby Signs  
 Parting/Returning Affirmations (if using the Parents' Group)

### **Supporting Healthy Attachment:**

*Laugh A Lot!* – from the Parents' Group Introduction

### **0-3 Family Time: 30-45 Minutes**

#### ***Opening***

Greeting & Brief Check-In  
 Read a Storybook  
 Center as a Family

#### ***Short Teaching***

Briefly review all the skills learned in group so far  
 Review *Laugh A Lot!* from the Parents' Group Introduction

#### ***Activities***

##### **Infants:**

Practice recognizing Baby Cues and using Baby Signs while playing *This Little Piggy*

##### **Toddlers:**

Do a Facial Recognition Activity. Great activity to practice all the skills listed in left column.

##### **2 & 3 yr. olds:**

Play *Can You Do What I Do? (Follow the Leader)*. Another great activity to practice all the skills listed in left column.

#### ***Closing***

Discuss the *During the Week* Assignments (see next column). Be sure parents understand what to do.  
 Learn *Head and Shoulders, Knees and Toes* with the motions  
 Say/wave Good-bye!

**\*Break: 10 minutes** (see note at the end of Session 1)

### **During the Week**

#### ***Give Daily Affirmations***

***Have consistent mealtimes daily (or as often as possible)***

#### ***Focus on Practicing These Essential Parenting Skills:***

Recognizing Baby Cues  
 Following Children's Lead  
 Turn Taking Interactions  
 Parting and Returning Affirmations

#### ***Continue to Repeat Favorite***

***Songs/Activities/Books*** with your child as often as possible. (Skill of Continuity and Repetition)

### **Dear Caregiver Pages**

Read the Article on the back page: *Help! My Child Is Feeling Cranky!*  
 Review and sing *Head and Shoulders, Knees and Toes* (words and motions included)  
 Enjoy doing a few activities with Silky Scarves to practice Following Children's Lead and Sportscasting/Narration

## SESSION 9: CD AFFECTS THE WHOLE FAMILY

<p><b>0-3 Program Key Objectives:</b> Families continue to practice essential skills during activities Introduce WOW Moments</p> <p><b>Essential Parenting Skills in this Session:</b> Centering Recognizing Baby Cues Following Children’s Lead Turn Taking Interactions Sportscasting/Narration Baby Signs Parting/Returning Affirmations (if using the Parents’ Group)</p> <p><b>Supporting Healthy Attachment:</b> Introduce <i>WOW Moments</i> – from the Parents’ Group Introduction</p>	<p><b>0-3 Family Time: 30-45 Minutes</b></p> <p><b>Opening</b> Greeting &amp; Brief Check-In Read a Storybook Center as a Family</p> <p><b>Short Teaching</b> Remind parents to use the Essential Parenting Skills, giving several illustrations of how they can use the skills in each of their activities. Introduce <i>WOW Moments</i> – from the Parents’ Group Introduction</p> <p><b>Activities</b> <b>Infants &amp; Toddlers:</b> Play with silky scarves. Help parents use all the skills during this activity! As time allows, repeat <i>Peek-A-Boo</i> and <i>SOO Big!</i></p> <p><b>2 &amp; 3 yr. olds:</b> Play with silky scarves. Uses the skills of Following Children’s Lead, Turn Taking and Sportscasting/ Narration (child begins, parent copies what child did and describes what they see, then child takes next turn, etc).</p> <p><b>Closing</b> Discuss the <i>During the Week</i> Assignments (see next column). Be sure parents understand what to do. Sing <i>Head and Shoulders</i> or one of the other songs from past sessions Say/wave Good-bye!</p> <p><b>*Break: 10 minutes</b> (see note at the end of Session 1)</p>	<p><b>During the Week</b> <b>Give Daily Affirmations</b> <b>Have consistent mealtimes daily (or as often as possible)</b></p> <p><b>Focus on Practicing These Essential Parenting Skills:</b> Following Children’s Lead Sportscasting/Narration Parting and Returning Affirmations <b>Look for WOW Moments</b> and use the skill of Sportscasting/ Narration to talk about them with your children <b>Continue to Repeat Favorite Songs/Activities/Books</b> with your child as often as possible. (Skill of Continuity and Repetition)</p> <p><b>Dear Caregiver Pages</b> Read the Article on the back page: <i>Breaking The Rules</i> Try doing a few of the activities to stimulate your child’s sense of touch to practice this week’s essential skills Have some fun with Play-Doh!</p>
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## SESSION 10: GOAL SETTING

### **0-3 Program Key Objectives:**

Emphasize the importance of repetition for 0-3 year olds  
Repeat favorite activities/songs or books during Family Time  
Parents are introduced to the principles of Risk and Protective Factors for young children

### **Essential Parenting Skills in this Session:**

**All skills** are used as parents repeat favorite activities with their children

### **Supporting Healthy Attachment:**

*The Importance of Repetition* – from the Parents’ Group Introduction  
Review Handout: *Risk and Protective Factors* from Parents’ Group  
**Handout Needed:** *Risk and Protective Factors*

### **0-3 Family Time: 30-45 Minutes**

#### **Opening**

Greeting & Brief Check-In  
Read a Storybook  
Center as a Family

#### **Short Teaching**

Review *The Importance of Repetition* from the Parents’ Group Introduction.  
Parents share their children’s favorite activities/songs/books.  
Briefly introduce *Risk and Protective Factors* by reviewing the handout from Parents’ Group

#### **Activities**

##### **All Families:**

Parents take turns suggesting past favorite activities, finger plays, songs or books they would like the group to repeat during this session. Guide them to use the essential skills appropriate to each activity.

##### **If Time Allows:**

Have fun with bubbles (be sure each family has a jar of bubbles before group)

#### **Closing**

Discuss the *During the Week* Assignments (see next column). Be sure parents understand what to do.  
Sing a favorite song from past sessions  
Say/wave Good-bye!

**\*Break: 10 minutes** (see note at the end of Session 1)

### **During the Week**

#### **Give Daily Affirmations**

**Have consistent mealtimes daily (or as often as possible)**

#### **Focus on Practicing These Essential Parenting Skills:**

Recognizing Baby Cues  
Using Baby Signs  
Following Children’s Lead  
Turn Taking Interactions  
Parting and Returning Affirmations

**Continue to look for WOW Moments** and use the skill of Sportscasting/ Narration to talk about them with your children

#### **Continue to Repeat Favorite**

**Songs/Activities/Books** with your child as often as possible. (Skill of Continuity and Repetition)

### **Dear Caregiver Pages**

Read the Article on the back page: *Family Rituals and Traditions*

Choose one or two suggestions to build some new family rituals and traditions

## SESSION 11: MAKING HEALTHY CHOICES

### **0-3 Program Key Objectives:**

Introduce the Essential Skill of Making Simple Choices  
 Parents practice helping their children make simple choices during Family Time Activities  
 Parents will discover ways they can lay a foundation for helping their children make healthy choices

### **Essential Parenting Skills in this Session:**

#### **NEW:**

Making Simple Choices

#### **OTHERS:**

Centering  
 Following Children's Lead  
 Sportscasting/Narration  
 Baby Signs for "more" and "all done"  
 Parting/Returning Affirmations (if using the Parents' Group)

### **Supporting Healthy Attachment:**

*Helping Our Children Make Healthy Choices*  
 from Parents' Group Activity #5

### **0-3 Family Time: 30-45 Minutes**

#### ***Opening***

Greeting & Brief Check-In  
 Read a Storybook  
 Center as a Family

#### ***Short Teaching***

Introduce the *Essential Parenting Skill of Making Simple Choices* by using an abbreviated version of Parents' Group Activity #5

#### ***Activities***

##### **Infants & Toddlers:**

Making Simple Choices: Parents offer children two items and child chooses one (also uses skill of Following Children's Lead). Parents use Sportscasting/ Narration to describe the child's choice.

##### **2 & 3 yr. olds:**

Make a Scrapbook or Collage. Uses the skill of Making Simple Choices as children choose pictures they want to add to their project.

Give children simple choices following instructions for Infants and Toddlers.

#### ***Closing***

Discuss the *During the Week* Assignments (see next column). Be sure parents understand what to do.  
 Sing a favorite song from past sessions  
 Say/wave Good-bye!

**\*Break: 10 minutes** (see note at the end of Session 1)

### **During the Week**

#### ***Give Daily Affirmations***

***Have consistent mealtimes daily (or as often as possible)***

#### ***Focus on Practicing These Essential Parenting Skills:***

Recognizing Baby Cues  
 Making Simple Choices  
 Following Children's Lead  
 Sportscasting/Narration  
 Parting and Returning Affirmations

***Continue to look for WOW Moments*** and use the skill of Sportscasting/ Narration to talk about them with your children

#### ***Continue to Repeat Favorite***

***Songs/Activities/Books*** with your child as often as possible. (Skill of Continuity and Repetition)

### **Dear Caregiver Pages**

Read the Article on the back page: *The Art of Redirection*

Choose one or two suggestions to practice offering children simple choices

Try making the Pom Pom Push Toy

## SESSION 12: HEALTHY BOUNDARIES

### **0-3 Program Key Objectives:**

Introduce the concept of Object Permanence (Infants/Toddlers)  
Continue to practice using the Essential Skill of Making Simple Choices

### **Essential Parenting Skills in this Session:**

Centering  
Recognizing Baby Cues  
Making Simple Choices  
Following Children's Lead  
Sportscasting/Narration  
Turn Taking Interactions  
Parting/Returning Affirmations (if using the Parents' Group)

### **Supporting Healthy Attachment:**

*What Is Attachment – Revisited* from Parents' Group Introduction

### **0-3 Family Time: 30-45 Minutes**

#### ***Opening***

Greeting & Brief Check-In  
Read a Storybook  
Center as a Family

#### ***Short Teaching***

Introduce Object Permanence as described in this session's activity for Infants & Toddlers  
Review *What Is Attachment – Revisited* from Parents' Group Introduction

#### ***Activities***

##### **Infants & Toddlers:**

Play Peek-A-Boo to learn about Object Permanence  
As time allows, parents offer their children Simple Choices (see Session 11 for details)

##### **2 & 3 yr. olds:**

Scribbles Art Project. Uses the skills of Making Simple Choices, Turn Taking and Sportscasting/Narration  
As time allows, parents offer their children Simple Choices (see Session 11 for details)

#### ***Closing***

Discuss the *During the Week* Assignments (see next column). Be sure parents understand what to do.  
Sing a favorite song from past sessions  
Say/wave Good-bye!

**\*Break: 10 minutes** (see note at the end of Session 1)

### **During the Week**

#### ***Give Daily Affirmations***

***Have consistent mealtimes daily (or as often as possible)***

#### ***Focus on Practicing All the Essential Parenting Skills:***

By this time, parents should have a good understanding of all the Essential Skills. Encourage them to use as consistently as possible.

***Continue to look for WOW Moments*** - use Sportscasting/ Narration to talk about them

***Continue to Repeat Favorite Songs/Activities/Books*** with your child as often as possible.

#### **Dear Caregiver Pages**

Read the Article on the back page: *Language Development*

Add a new book to your child's library (suggestion of titles and ways to obtain books included)

Try playing "I Spy" with 2's & 3's or the *Three Balls* Fingerplay with Infants & Toddlers

## SESSION 13: HEALTHY FRIENDSHIPS AND RELATIONSHIPS

### **0-3 Program Key Objectives:**

Experiment with textures while practicing essential skills  
 Learn a new song: *Head and Shoulders, Knees and Toes*  
 Parents discuss what it means to be a nurturing parent

### **Essential Parenting Skills in this Session:**

Centering  
 Recognizing Baby Cues  
 Turn Taking Interactions  
 Following Children's Lead  
 Sportscasting/Narration  
 Parting/Returning Affirmations (if using the Parents' Group)

### **Supporting Healthy Attachment:**

*Becoming A Nurturing Parent* from Parents' Group Activity #4

**Handout Needed:** *Nurturing Children Wheel*

### **0-3 Family Time: 30-45 Minutes**

#### **Opening**

Greeting & Brief Check-In  
 Read a Storybook  
 Center as a Family

#### **Short Teaching**

Quickly review the Parenting Skills used in this session.  
 Briefly present a shortened version of Parents' Group Activity #4 by reviewing the *Nurturing Children Wheel*

#### **Activities**

##### **Infants & Toddlers:**

Play Peek-A-Boo  
 Experiment with textures using all the essential skills for this session

##### **2 & 3 yr. olds:**

Experiment with textures using all the essential skills for this session  
 Make a Texture Collage using the skills of Turn Taking and Sportscasting/ Narration

#### **Closing**

Discuss the *During the Week* Assignments (see next column). Be sure parents understand what to do.  
 Learn a new song: *Head and Shoulders, Knees and Toes*  
 Say/wave Good-bye!

**\*Break: 10 minutes** (see note at the end of Session 1)

### **During the Week**

#### ***Give Daily Affirmations***

***Have consistent mealtimes daily (or as often as possible)***

#### ***Focus on Practicing ALL the Essential Parenting Skills***

***Continue to look for WOW Moments*** and use Sportscasting/ Narration to talk about them

#### ***Continue to Repeat Favorite***

***Songs/Activities/Books*** with your child as often as possible. (Skill of Continuity and Repetition)

### **Dear Caregiver Pages**

Read the Article on the back page: *Who Is My Family?*

Read a few books about families (especially animal families), includes suggested titles

Choose one or two of the suggested activities to do with your child:

BIG and Small Balls  
 Wooden Puzzles  
 Water Play





## SESSION 14: HOW WE LEARN

### **0-3 Program Key Objectives:**

Practice language enrichment while doing activities about colors  
Parents discuss strategies for promoting healthy brain development in 0-3 yrs. children

### **Essential Parenting Skills in this Session:**

Centering  
Recognizing Baby Cues  
Following Children’s Lead  
Turn Taking Interactions  
Sportscasting/Narration  
Reading to Children  
Parting/Returning Affirmations (if using the Parents’ Group)

### **Supporting Healthy Attachment:**

*A Healthy Start for Your Child’s Brain* – from the Parents’ Group Introduction

**Handout Needed:** *Ideas for Healthy Brain Development*

### **0-3 Family Time: 30-45 Minutes**

#### **Opening**

Greeting & Brief Check-In  
Read a Storybook  
Center as a Family

#### **Short Teaching**

Quickly review the Parenting Skills used in this session  
Briefly introduce healthy brain development by reviewing the handout

#### **Activities**

##### **Infants & Toddlers:**

Activities with Colors (emphasize the use of Sportscasting/Narration to further language development):  
Look at Books  
Stack Blocks  
Play with balls

##### **2 & 3 yr. olds:**

Activities with Colors (using all of today’s skills):  
Look at Books  
Sort Colors  
Color a Picture  
Play “I Spy”

#### **Closing**

Discuss the *During the Week* Assignments (see next column). Be sure parents understand what to do.  
Sing *Head & Shoulders* from last session  
Say/wave Good-bye!

**\*Break: 10 minutes** (see note at the end of Session 1)

### **During the Week**

***Give Daily Affirmations***

***Have consistent mealtimes***

***Focus on Practicing ALL the Essential Parenting Skills***

***Continue to look for WOW Moments*** and use the skill of Sportscasting/ Narration to talk about them with your children

***Continue to Repeat Favorite Songs/Activities/Books*** with your child as often as possible.

### **Dear Caregiver Pages**

Read the Article on the back page: *Let Me Make Myself Perfectly Clear!*

Infants/Toddlers: Play *It’s Raining, It’s Pouring*

2’s and 3’s: Play *The Three Little Pigs*

Try having a Birthday Party for Teddy

## SESSION 15: OUR UNIQUENESS

### **0-3 Program Key Objectives:**

Review all Essential Skills learned in past sessions

Review all past activities/songs learned in group and choose several to repeat in Session 16

Parents will discover the importance of celebrating early milestones and rites of passage

### **Essential Parenting Skills in this Session:**

#### All skills:

Centering  
Recognizing Baby Cues  
Using Baby Signs  
Reading to Children  
Following Children's Lead  
Turn Taking Interactions  
Sportscasting/Narration  
Making Simple Choices  
Continuity and Repetition  
Parting/Returning Affirmations (if using the Parents' Group)

### **Supporting Healthy Attachment:**

*Celebrating Early Milestones and Rites of Passage from Parents' Group*  
Introduction

### **0-3 Family Time: 30-45 Minutes**

#### **Opening**

Greeting & Brief Check-In  
Read a Storybook  
Center as a Family

#### **Short Teaching**

Briefly review *Celebrating Early Milestones and Rites of Passage* from Parents' Group Introduction  
Review all the Parenting Skills learned in this series

#### **Activities**

##### All Families:

Review all the activities/songs used in this series. Parents share their favorites and:  
Choose some to do for the rest of the time today  
Choose several favorites to do in next week's final session

#### **Closing**

Discuss the *During the Week* Assignments (see next column). Be sure parents understand what to do.

**Inform participants that next week is the final session of the series (begins the process of closure)**

Sing *Head & Shoulders* from last session  
Say/wave Good-bye!

**\*Break: 10 minutes** (see note at the end of Session 1)

### **During the Week**

***Give Daily Affirmations***

***Have consistent mealtimes***

***Focus on Practicing ALL the Essential Parenting Skills***

***Continue to look for WOW Moments*** and use Sportscasting/ Narration to talk about them

***Continue to Repeat Favorite Songs/Activities/Books*** with your child as often as possible.

### **Dear Caregiver Pages**

Read the Article on the back page: *He's Got Personality!*

Try giving your infant an After Bath Massage

Use the Fingerplay to teach children about washing their hands

Enjoy a pretend Trip to the Zoo!

## SESSION 16: CELEBRATE OUR TIME TOGETHER

### **0-3 Program Key Objectives:**

Enjoy favorite songs, games, activities and books from past sessions

Parents will explore what it means to be a Responsive Parent

Parents summarize what recovering parents can do to nurture a healthy family for themselves and their children.

### **Essential Parenting Skills used in this Session:**

#### All skills:

Centering

Recognizing Baby Cues

Using Baby Signs

Reading to Children

Following Children's Lead

Turn Taking Interactions

Sportscasting/Narration

Making Simple Choices

Continuity and Repetition

Parting/Returning Affirmations (if using the Parents' Group)

### **Supporting Healthy Attachment:**

*Responsive Parenting* – from the Parents' Group Introduction

#### **Handouts Needed:**

*Responsive Parenting*

*What Recovering Parents Can Do*

*Children Learn What They Live*

### **0-3 Family Time: 30-45 Minutes**

#### **Opening**

Greeting & Brief Check-In

Read a Storybook

Center as a Family

#### **Short Teaching**

Quickly review the Parenting Skills

Do an abbreviated version of the

*Responsive Parenting Exercise*

Refer to (but do not discuss) the last two handouts. Inform parents that this information is valuable as they prepare for "life after group".

#### **Activities**

##### All Families:

Participate in the activities families requested in Session 15. Guide parents to practice all the skills for relating to their children learned throughout past sessions.

#### **Closing**

Discuss *During the Week* as presented in the next column.

Give a short affirmation to each family to bring closure to the end of group

#### **OR:**

**OPTIONAL:** Have a short ending celebration (see next column). If you are having the Parents' Group, hold your celebration afterwards.

**\*Break: 10 minutes** (see note at the end of Session 1)

### **During the Week**

***As group is ending this week, emphasize the importance of continuing to practice what they have learned:***

Give Daily Affirmations

Practice the Essential Parenting Skills

Have regular mealtimes

Continue to celebrate WOW Moments

Repeat Favorite Songs/Activities/Books with your child as often as possible.

### **Dear Caregiver Pages**

Read the Article on the back page: *Take Care of Myself!*

Read the information on the inside pages: *Children's First Five Years Hold the Key to Success Later in Life*

### **CLOSING CELEBRATION**

Group Leaders offer their closing statements/affirmations to children and parents. Each site can plan other celebrations as desired – be creative!

## MATRIX OF SUGGESTED ACTIVITIES

### PARENT/CAREGIVERS' GROUP

<b><u>SESSION 1: ORIENTATION &amp; GETTING STARTED</u></b>		
<p><b>0-3 Key Objectives:</b>            Establish trust in the Group            Participate in simple activities during Family Time            Introduce parents to the Essential Parenting Skills</p> <p><b>Essential Parenting Skills Introduced in this Session:</b>            Following Children's Lead            Affirmations</p>	<p><b>Parents' Group (60 Minutes)</b></p> <p><b>Opening</b>            Greeting &amp; Brief Check-In (see the note in <b>Strategies for Leading Parents/Caregivers Groups</b> for information on beginning with Check-Ins)            Centering            Focus Question            Session Agenda            Establish Group Agreements            Getting Acquainted Questions</p> <p><b>Insights for Living</b>  <b>Activity #1:</b> Introduce Program  <b>Activity #3:</b> Connecting With Our Children (Child Affirmations and Parting and Returning Affirmations)</p> <p><b>Closing</b>            Homework: Explain what they are to do during the week            Review the Focus Question            The Most Important Part of Today's Lesson ...            Serenity Saying</p> <p><b>Remind parents</b> to give their child a Returning Affirmation when they see them again after group.</p>	<p><b>During the Week</b></p> <p><b>Give Daily Affirmations</b>  <b>Practice Essential Parenting Skills:</b>            Following Children's Lead            Giving Parting and Returning Affirmations</p> <p><b>Dear Caregiver Pages</b>            Read the Article on the back page: <i>Is Anything Wrong?</i>            Use the <i>Tips for Giving Daily Affirmations</i> to help you accomplish this assignment.            Sing <i>Itsy Bitsy Spider</i> with your child as often as possible (words and motions are included)</p>

## SESSION 2: HEALTHY LIVING

### **0-3 Key Objectives:**

Learn to Center as a Family  
Learn and practice new  
Essential Parenting Skills  
Introduce Attachment and its  
importance to their child's  
development

### **Essential Parenting Skills in this Session:**

#### **NEW:**

Centering  
Sportscasting/Narrating  
Baby Signs for “more” and  
“all done”  
Reading to Children

#### **OTHERS:**

Following Children’s Lead  
Parting/Returning  
Affirmations

### **Parents’ Group (60 Minutes)**

#### ***Opening***

Greeting & Brief Check-In  
Centering  
Focus Question  
Session Agenda, Group Agreements, Review  
Supporting Healthy Attachment: *What is  
Attachment*

#### ***Insights for Living***

**Activity #2:** Healthy Living Circle

**Activity #4:** Reading with Our Children

**Introduce the Handout:** *Child Safety Checklist*  
from Activity #3

#### ***Closing***

Homework: Explain what they are to do during  
the week  
Review Focus Question  
The Most Important Part of Today’s Lesson ...  
Serenity Saying

***Remind parents*** to give their child a *Returning  
Affirmation* when they see them again after  
group.

### **During the Week**

#### ***Give Daily Affirmations***

#### ***Focus on Practicing Essential Parenting Skills:***

Sportscasting  
Baby Signs for “more” and “all done”  
Reading With Children  
Give Parting and Returning Affirmations

***Continue to Sing Itsy Bitsy Spider*** with your child  
as often as possible.

***Read Child Safety Checklist.*** Place checkmark by  
things you are already doing. Make a plan to  
add one or two items you are not yet doing

#### **Dear Caregiver Pages**

Read the Article on the back page: *PLAY*

Review the Baby Signs

Review the instructions and play *Pat-A-Cake*  
often (uses the skills of Following Children’s  
Lead, Sportscasting and Baby Signs)

Read the information about using and getting  
books for your children and look at books often

## SESSION 3: NUTRITION

<p><b>0-3 Program Key Objectives:</b></p> <ul style="list-style-type: none"> <li>Share a special <i>Kissing Hand</i> Affirmation</li> <li>Learn tips for establishing healthy eating patterns</li> <li>Discuss importance of, and guidelines for consistent mealtimes</li> </ul> <p><b>Essential Parenting Skills in this session:</b></p> <p><b><u>NEW:</u></b></p> <ul style="list-style-type: none"> <li>Baby Signs for “eat” and “love”</li> </ul> <p><b><u>OTHERS:</u></b></p> <ul style="list-style-type: none"> <li>Centering</li> <li>Baby Signs for “more” and “all done”</li> <li>Following Children’s Lead</li> <li>Affirmations</li> </ul>	<p><b>Parents’ Group (60 Minutes)</b></p> <p><b><i>Opening</i></b></p> <ul style="list-style-type: none"> <li>Greeting &amp; Brief Check-In</li> <li>Centering</li> <li>Focus Question</li> <li>Session Agenda, Group Agreements, Review</li> <li>Supporting Healthy Attachment: <i>Kissing Hand Affirmation</i></li> </ul> <p><b><i>Insights for Living</i></b></p> <ul style="list-style-type: none"> <li><b>Activity #3:</b> How to Read Nutrition Labels</li> <li><b>Activity #4:</b> Tips for Healthy Eating</li> <li><b>Activity #5:</b> Guidelines for Family Meals</li> </ul> <p><b><i>Closing</i></b></p> <ul style="list-style-type: none"> <li>Homework: Explain what they are to do during the week</li> <li>Review Focus Question</li> <li>The Most Important Part of Today’s Lesson ...</li> <li>Serenity Saying</li> </ul> <p><b><u>Remind parents</u></b> to give their child a <i>Returning Affirmation</i> when they see them again after group.</p>	<p><b>During the Week</b></p> <p><b><i>Give Daily Affirmations</i></b></p> <p><b><i>Have consistent mealtimes daily (or as often as possible)</i></b></p> <p><b><i>Practice These Essential Parenting Skills:</i></b></p> <ul style="list-style-type: none"> <li>Baby Signs for “more”, “all done”, “love” and “eat”</li> <li>Read/look at books</li> <li>Following Children’s Lead</li> <li>Parting and Returning Affirmations</li> </ul> <p><b><i>Continue to Sing Itsy Bitsy Spider</i></b> with your child as often as possible.</p> <p><b>Dear Caregiver Pages</b></p> <ul style="list-style-type: none"> <li>Read the Article on the back page: <i>Nutrition and Your Child</i></li> <li>Review the <i>Kissing Hand Affirmation</i> and use it as appropriate</li> <li>Review the <i>More Play Time Ideas</i> and try one that is new to you.</li> <li>Try having a Tea Party with your children (can practice many skills: Following Children’ Lead, Sportscasting/Narration, Baby Signs)</li> </ul>
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## SESSION 4: COMMUNICATION

### **0-3 Program Key Objectives:**

Introduce the Essential Skill of Turn Taking  
Learn methods of communicating with young children

### **Essential Parenting Skills in this Session:**

#### **NEW:**

Turn Taking Interactions

#### **OTHERS:**

Centering  
Following Children’s Lead  
Sportscasting/Narration  
Baby Signs for “more” and “all done”  
Affirmations

### **Parents’ Group (60 Minutes)**

#### ***Opening***

Greeting & Brief Check-In  
Centering  
Focus Question  
Session Agenda, Group Agreements, Review  
Announcements & Milestones  
Supporting Healthy Attachment: *Words of Encouragement*

#### ***Insights for Living***

**Activity #2:** Using “I” Messages  
**Activity #4:** Active Listening  
**Activity #5:** Communicating with Young Children

#### ***Closing***

Homework: Explain what they are to do during the week  
Review Focus Question  
The Most Important Part of Today’s Lesson ...  
Serenity Saying

**Remind parents** to give their child a *Returning Affirmation* when they see them again after group.

### **During the Week**

#### ***Give Daily Affirmations***

***Have consistent mealtimes daily (or as often as possible)***

#### ***Practice These Essential Parenting Skills:***

Read/look at books  
Turn Taking Interactions  
Following Children’s Lead  
Use the Baby Signs  
Parting and Returning Affirmations

***Continue to Sing Itsy Bitsy Spider*** with your child as often as possible.

#### **Dear Caregiver Pages**

Read the Article on the back page:  
*Communicating With Infants and Toddlers*

Do the Finger play ‘*Round the House*’ with children to practice the skills of Turn Taking and Baby Signs

Try creating a Treasure Hunt for your children

Sing *Old MacDonald* to practice learning animal sounds. This is a great activity to practice Following Children’s Lead, Baby Signs and Turn Taking Interactions.

## SESSION 5: FEELINGS AND DEFENSES

### **0-3 Program Key Objectives:**

Practice using the Essential Skills learned so far  
Learn a song about expressing feelings  
Introduce the Essential Parenting Skill of Recognizing Baby Cues

### **Essential Parenting Skills in this Session:**

#### **NEW:**

Baby Cues

#### **OTHERS:**

Centering  
Following Children's Lead  
Turn Taking Interactions  
Baby Signs  
Affirmations

### **Parents' Group (60 Minutes)**

#### ***Opening***

Greeting & Brief Check-In  
Centering  
Focus Question  
Session Agenda, Group Agreements, Review  
Announcements & Milestones  
Supporting Healthy Attachment:  
*Affirmations For Security*

#### ***Insights for Living***

**Activity #1:** Getting to Know My Feelings  
**Activity #2:** Expressing My Feelings Safely  
**Activity #5:** Recognizing Baby Cues

#### ***Closing***

Homework: Explain what they are to do during the week  
Review Focus Question  
The Most Important Part of Today's Lesson ...  
Serenity Saying  
**Remind parents** to give their child a *Returning Affirmation* when they see them again after group.

### **During the Week**

#### ***Give Daily Affirmations***

***Have consistent mealtimes daily (or as often as possible)***

#### ***Practice These Essential Parenting Skills:***

Recognizing and Responding to Baby Cues  
Read/look at books  
Turn Taking Interactions  
Following Children's Lead  
Parting and Returning Affirmations

***Continue to Sing*** with your child as often as possible:

*Itsy Bitsy Spider*  
*If You're Happy And You Know It*

#### **Dear Caregiver Pages**

Read the Article on the back page:  
*Learning About Feelings*

Have fun with your child by dancing to the music! A great activity to practice the skills of Following Children's Lead, Sportscasting/Narration and Turn Taking

Sing *If You're Happy and You Know It* (words and motions are included)



## SESSION 6: ANGER MANAGEMENT

### **0-3 Program Key Objectives:**

Practice the Skills of Recognizing Baby Cues and Following Children’s Lead  
Introduce the skill of using Time-Ins

### **Essential Parenting Skills in this Session:**

**NEW:**

Continuity and Repetition

**OTHERS:**

Centering  
Recognizing Baby Cues  
Following Children’s Lead  
Turn Taking Interactions  
Sportscasting/Narration  
Baby Signs  
Affirmations

### **Parents’ Group (60 Minutes)**

***Opening***

Greeting & Brief Check-In  
Centering  
Focus Question  
Session Agenda, Group Agreements, Review  
Announcements & Milestones  
Supporting Healthy Attachment: *Using Baby Cues Effectively*

***Insights for Living***

**Activity #2:** Three Steps of Anger Management  
**Activity #3:** Using Reducers  
**Activity #5:** Helping Children with Their Anger and Avoiding Conflict (Introduces using Time-Ins)

***Closing***

Homework: Explain what they are to do during the week  
Review Focus Question  
The Most Important Part of Today’s Lesson ...  
Serenity Saying

**Remind parents** to give their child a *Returning Affirmation* when they see them again after group.

### **During the Week**

***Give Daily Affirmations***

***Have consistent mealtimes daily (or as often as possible)***

***Focus on Practicing These Essential Parenting Skills:***

Recognizing Baby Cues  
Turn Taking Interactions  
Following Children’s Lead  
Sportscasting/Narration  
Parting and Returning Affirmations

***Use the Skill of Repetition:***

Sing the songs, do the activities and look at the books your children enjoy repeatedly.

### **Dear Caregiver Pages**

Read the Article on the back page: *Reduce the Stress ... Reduce the Anger.*  
Try doing a *Family Act of Kindness*  
Try some of the suggestions to enjoy quiet times together

## SESSION 7: FACTS ABOUT ATOD

### **0-3 Program Key Objectives:**

Continue to Practice Essential Parenting Skills  
Parents discuss how parents in early recovery can support their children

### **Essential Parenting Skills in this Session:**

Centering  
Recognizing Baby Cues  
Using Baby Signs  
Following Children’s Lead  
Turn Taking Interactions  
Affirmations

### **Parents’ Group (60 Minutes)**

#### ***Opening***

Greeting & Brief Check-In  
Centering  
Focus Question  
Session Agenda, Group Agreements, Review  
Announcements & Milestones  
Supporting Healthy Attachment: *Valuing Our Children*

#### ***Insights for Living***

**Activity #1:** ATOD Yes/No Questions.  
**NOTE:** the most important questions are: 1, 2, 3, 7, 8, 10, 13, 14, 20, 21, 22 and 24

**Activity #3:** Supporting Our Children

#### ***Closing***

Homework: Explain what they are to do during the week  
Review Focus Question  
The Most Important Part of Today’s Lesson ...  
Serenity Saying

***Remind parents*** to give their child a *Returning Affirmation* when they see them again after group.

### **During the Week**

#### ***Give Daily Affirmations***

***Have consistent mealtimes daily (or as often as possible)***

#### ***Practice These Essential Parenting Skills:***

Continuity and Repetition  
Recognizing Baby Cues  
Following Children’s Lead  
Sportscasting/Narration  
Parting and Returning Affirmations

***Continue to Repeat Favorite songs, activities and books*** with your child as often as possible.

#### **Dear Caregiver Pages**

Read the Article on the back page: *The Great Explorers*

Try doing one of the Brain Boosters and Relationship Builders

Do *This Little Piggy* and/or *Pop Goes the Weasel* with your child (uses the skills of Turn Taking, Following Children’s Lead, Recognizing Baby Cues and using Baby Signs)

## SESSION 8: CHEMICAL DEPENDENCY IS A DISEASE

### **0-3 Program Key Objectives:**

- Discuss the importance of laughter to building relationships with our children
- Families learn a new song
- Parents discuss how to care for their children if they should relapse

### **Essential Parenting Skills in this Session:**

- Centering
- Recognizing Baby Cues
- Following Children's Lead
- Turn Taking Interactions
- Sportscasting/Narration
- Baby Signs
- Affirmations

### **Parents' Group (60 Minutes)**

#### ***Opening***

- Greeting & Brief Check-In
- Centering
- Focus Question
- Session Agenda, Group Agreements, Review
- Announcements & Milestones
- Supporting Healthy Attachment: *Laugh A Lot!*

#### ***Insights for Living***

**Activity #1:** CD Stages Role Play (see *Strategies for Leading the Parent/Caregivers' Group* for information on how to lead this role play online)

**Activity #4:** What If I Relapse?

#### ***Closing***

- Homework: Explain what they are to do during the week
- Review Focus Question
- The Most Important Part of Today's Lesson ...
- Serenity Saying

**Remind parents** to give their child a *Returning Affirmation* when they see them again after group.

### **During the Week**

#### ***Give Daily Affirmations***

***Have consistent mealtimes daily (or as often as possible)***

#### ***Practice These Essential Parenting Skills:***

- Recognizing Baby Cues
- Following Children's Lead
- Turn Taking Interactions
- Parting and Returning Affirmations

#### ***Continue to Repeat Favorite***

***Songs/Activities/Books*** with your child as often as possible. (Skill of Continuity and Repetition)

### **Dear Caregiver Pages**

Read the Article on the back page: *Help! My Child Is Feeling Cranky!*

Review and sing *Head and Shoulders, Knees and Toes* (words and motions included)

Enjoy doing a few activities with Silky Scarves to practice Following Children's Lead and Sportscasting/Narration

## SESSION 9: CD AFFECTS THE WHOLE FAMILY

### **0-3 Program Key Objectives:**

Families continue to practice essential skills during Family Time Activities  
 Introduce WOW Moments  
 Parents discuss the *Rules and Roles in Families* and how they apply with 0-3 year olds

### **Essential Parenting Skills in this Session:**

Centering  
 Recognizing Baby Cues  
 Following Children's Lead  
 Turn Taking Interactions  
 Sportscasting/Narration  
 Baby Signs  
 Affirmations

### **Parents' Group (60 Minutes)**

#### ***Opening***

Greeting & Brief Check-In  
 Centering  
 Focus Question  
 Session Agenda, Group Agreements, Review  
 Announcements & Milestones  
 Supporting Healthy Attachment: *WOW Moments*

#### ***Insights for Living***

**Activity #1:** Family Role Play. **NOTE:** be sure to include discussion of the handout: *Rules and Roles for 0-3 Years*.

**Activity #2:** Disease of CD Demonstration

#### ***Closing***

Homework: Explain what they are to do during the week  
 Review Focus Question  
 The Most Important Part of Today's Lesson ...  
 Serenity Saying

***Remind parents*** to give their child a *Returning Affirmation* when they see them again after group.

### **During the Week**

#### ***Give Daily Affirmations***

***Have consistent mealtimes daily (or as often as possible)***

#### ***Focus on Practicing These Essential Parenting Skills:***

Following Children's Lead  
 Sportscasting/Narration  
 Parting and Returning Affirmations

***Look for WOW Moments*** and use the skill of Sportscasting/ Narration to talk about them with your children

***Continue to Repeat Favorite Songs/Activities/Books*** with your child as often as possible. (Skill of Continuity and Repetition)

### **Dear Caregiver Pages**

Read the Article on the back page:  
*Breaking The Rules*

Try doing a few of the activities to stimulate your child's sense of touch to practice using this week's essential skills  
 Have some fun with Play-Doh!

## SESSION 10: GOAL SETTING

### **0-3 Program Key Objectives:**

- Emphasize the importance of repetition for 0-3 year olds
- Repeat favorite activities/songs or books during Family Time
- Parents discuss how to apply the principles of Risk and Protective Factors to young children

### **Essential Parenting Skills in this Session:**

All skills are used as parents repeat favorite activities with their children

### **Parents' Group (60 Minutes)**

#### ***Opening***

- Greeting & Brief Check-In
- Centering
- Focus Question
- Session Agenda, Group Agreements, Review
- Announcements & Milestones
- Supporting Healthy Attachment: *The Importance of Repetition*

#### ***Insights for Living***

- Finish** activities from Sessions 8 and 9 you were not able to complete.
- Activity #1:** Risk and Protective Factors
- Activity #3:** Goal Setting

#### ***Closing***

- Homework: Explain what they are to do during the week
- Review Focus Question
- The Most Important Part of Today's Lesson ...
- Serenity Saying

**Remind parents** to give their child a *Returning Affirmation* when they see them again after group.

### **During the Week**

#### ***Give Daily Affirmations***

***Have consistent mealtimes daily (or as often as possible)***

#### ***Practice These Essential Parenting Skills:***

- Recognizing Baby Cues
- Using Baby Signs
- Following Children's Lead
- Turn Taking Interactions
- Parting and Returning Affirmations

***Continue to look for WOW Moments*** and use the skill of Sportscasting/ Narration to talk about them with your children

#### ***Continue to Repeat Favorite***

***Songs/Activities/Books*** with your child as often as possible. (Skill of Continuity and Repetition)

### **Dear Caregiver Pages**

Read the Article on the back page: *Family Rituals and Traditions*

Choose one or two suggestions to build some new family rituals and traditions

## SESSION 11: MAKING HEALTHY CHOICES

### **0-3 Program Key Objectives:**

Introduce the Essential Skill of Making Simple Choices

Parents practice helping their children make simple choices during Family Time Activities

Parents discuss ways they can lay a foundation for helping their children make healthy choices

### **Essential Parenting Skills in this Session:**

#### **NEW:**

Making Simple Choices

#### **OTHERS:**

Centering  
Following Children's Lead  
Sportscasting/Narration  
Baby Signs for "more" and "all done"  
Affirmations

### **Parents' Group (60 Minutes)**

#### ***Opening***

Greeting & Brief Check-In  
Centering  
Focus Question  
Session Agenda, Group Agreements, Review  
Announcements & Milestones  
Supporting Healthy Attachment: *Family Rituals and Traditions*

#### ***Insights for Living***

**Activity #2&3 (combined):** Making Healthy Choices and Problem Solving

**Activity #4:** Asking for Help

**Activity #5:** Helping Our Children Make Healthy Choices

**If time allows: Activity #1:** Values Exercise

#### ***Closing***

Homework: Explain what they are to do during the week  
Review Focus Question  
The Most Important Part of Today's Lesson ...  
Serenity Saying

***Remind parents*** to give their child a *Returning Affirmation* when they see them again after group.

### **During the Week**

#### ***Give Daily Affirmations***

***Have consistent mealtimes daily***

#### ***Practice These Essential Parenting Skills:***

Recognizing Baby Cues  
Making Simple Choices  
Following Children's Lead  
Sportscasting/Narration  
Parting and Returning Affirmations

***Continue to look for WOW Moments*** and use the skill of Sportscasting/ Narration to talk about them with your children

***Continue to Repeat Favorite Songs/Activities/Books*** with your child as often as possible. (Skill of Continuity and Repetition)

#### **Dear Caregiver Pages**

Read the Article on the back page: *The Art of Redirection*

Choose one or two suggestions to practice offering children simple choices

Try making the Pom Pom Push Toy

## SESSION 12: HEALTHY BOUNDARIES

### **0-3 Program Key Objectives:**

- Introduce the concept of Object Permanence (Infants/Toddlers)
- Continue to practice using the Essential Skill of Making Simple Choices
- Parents discuss how to help young children set healthy boundaries

### **Essential Parenting Skills in this Session:**

- Centering
- Recognizing Baby Cues
- Making Simple Choices
- Following Children’s Lead
- Sportscasting/Narration
- Turn Taking Interactions
- Affirmations

### **Parents’ Group (60 Minutes)**

#### ***Opening***

- Greeting & Brief Check-In
- Centering
- Focus Question
- Session Agenda, Group Agreements, Review
- Announcements & Milestones
- Supporting Healthy Attachment: *What Is Attachment – Revisited*

#### ***Insights for Living***

- Activity #1 & 3(combined):** My Physical Boundaries
- Activity #2:** Healthy and Unhealthy Boundaries
- Activity #4:** Helping Our Children Learn Healthy Boundaries

#### ***Closing***

- Homework: Explain what they are to do during the week
- Review Focus Question
- The Most Important Part of Today’s Lesson ...
- Serenity Saying

***Remind parents*** to give their child a *Returning Affirmation* when they see them again after group.

### **During the Week**

#### ***Give Daily Affirmations***

***Have consistent mealtimes daily***

#### ***Practice All the Essential Parenting Skills:***

By this time, parents should have a good understanding of all the Essential Skills. Encourage them to use as consistently as possible.

***Continue to look for WOW Moments*** - use Sportscasting/ Narration to talk about them

***Continue to Repeat Favorite Songs/Activities/Books*** with your child as often as possible.

#### **Dear Caregiver Pages**

Read the Article on the back page:  
*Language Development*

Add a new book to your child’s library (suggestion of titles and ways to obtain books included)

Try playing “I Spy” with 2’s & 3’s or the *Three Balls* Fingerplay with Infants & Toddlers

## SESSION 13: HEALTHY FRIENDSHIPS AND RELATIONSHIPS

<p><b>0-3 Program Key Objectives:</b>          Experiment with textures while practicing essential skills          Learn a new song: <i>Head and Shoulders, Knees and Toes</i>          Parents discuss what it means to be a nurturing parent</p> <p><b>Essential Parenting Skills in this Session:</b>          Centering          Recognizing Baby Cues          Turn Taking Interactions          Following Children’s Lead          Sportscasting/Narration          Affirmations</p>	<p><b>Parents’ Group (60 Minutes)</b></p> <p><b>Opening</b>          Greeting &amp; Brief Check-In          Centering          Focus Question          Session Agenda, Group Agreements, Review          Announcements &amp; Milestones          Supporting Healthy Attachment: <i>Making the Transition to a New Baby</i></p> <p><b>Insights for Living</b>  <b>Activity #2:</b> Healthy and Unhealthy Relationships  <b>Activity #4:</b> Becoming A Nurturing Parent</p> <p><b>Closing</b>          Homework: Explain what they are to do during the week          Review Focus Question          The Most Important Part of Today’s Lesson ...          Serenity Saying</p> <p><b>Remind parents</b> to give their child a <i>Returning Affirmation</i> when they see them again after group.</p>	<p><b>During the Week</b></p> <p><b>Give Daily Affirmations</b>  <b>Have consistent mealtimes daily</b>  <b>Practice <u>ALL</u> the Essential Parenting Skills</b>  <b>Continue to look for WOW Moments</b> and use Sportscasting/ Narration to talk about them</p> <p><b>Continue to Repeat Favorite Songs/Activities/Books</b> with your child as often as possible. (Skill of Continuity and Repetition)</p> <p><b>Dear Caregiver Pages</b>          Read the Article on the back page: <i>Who Is My Family?</i>          Read a few books about families (especially animal families), includes suggested titles          Choose one or two of the suggested activities to do with your child:              BIG and Small Balls              Wooden Puzzles              Water Play</p>
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## SESSION 14: HOW WE LEARN

### **0-3 Program Key Objectives:**

- Practice language enrichment while doing activities about colors
- Parents discuss strategies for promoting healthy brain development in 0-3 yrs. children

### **Essential Parenting Skills in this Session:**

- Centering
- Recognizing Baby Cues
- Following Children’s Lead
- Turn Taking Interactions
- Sportscasting/Narration
- Reading to Children
- Affirmations

### **Parents’ Group (60 Minutes)**

#### ***Opening***

- Greeting & Brief Check-In
- Centering
- Focus Question
- Session Agenda, Group Agreements, Review
- Announcements & Milestones
- Supporting Healthy Attachment: A *Healthy Start for Your Child’s Brain*

#### ***Insights for Living***

- Activity #3:** Understanding FASD & In-Utero Exposure
- Activity #4:** Successful Strategies for Supporting Young Children

#### ***Closing***

- Homework: Explain what they are to do during the week
- Review Focus Question
- The Most Important Part of Today’s Lesson ...
- Serenity Saying

***Remind parents*** to give their child a *Returning Affirmation* when they see them again after group.

### **During the Week**

***Give Daily Affirmations***

***Have consistent mealtimes***

***Practice ALL the Essential Parenting Skills***

***Continue to look for WOW Moments*** and use the skill of Sportscasting/ Narration to talk about them with your children

***Continue to Repeat Favorite Songs/Activities/Books*** with your child as often as possible.

### **Dear Caregiver Pages**

Read the Article on the back page: *Let Me Make Myself Perfectly Clear!*

Infants/Toddlers: Play *It’s Raining, It’s Pouring*

2’s and 3’s: Play *The Three Little Pigs*

Try having a Birthday Party for Teddy

## SESSION 15: OUR UNIQUENESS

### **0-3 Program Key Objectives:**

- Review all Essential Skills learned in past sessions
- Review all past activities/songs learned in group and choose several to repeat in Session 16
- Parents discover the importance of celebrating early milestones and rites of passage
- Parents learn Five Principles for Setting Limits with Young Children

### **Essential Parenting Skills in this Session:**

All skills:

- Centering
- Recognizing Baby Cues
- Using Baby Signs
- Reading to Children
- Following Children's Lead
- Turn Taking Interactions
- Sportscasting/Narration
- Making Simple Choices
- Continuity and Repetition
- P Affirmations

### **Parents' Group (60 Minutes)**

#### ***Opening***

- Greeting & Brief Check-In
- Centering
- Focus Question
- Session Agenda, Group Agreements, Review
- Announcements & Milestones
- Supporting Healthy Attachment:  
*Celebrating Early Milestones and Rites of Passage*

#### ***Insights for Living***

- Activity #2:** Five Principles for Limit Setting With Young Children
- Activity #4:** Affirmations

#### ***Closing***

- Homework: Explain what they are to do during the week
- Review Focus Question
- The Most Important Part of Today's Lesson ...

**Before closing, prepare parents/caregivers that group is ending next week (begin closure)**

Serenity Saying

***Remind parents*** to give their child a *Returning Affirmation* when they see them again after group.

### **During the Week**

***Give Daily Affirmations***

***Have consistent mealtimes***

***Keep practicing ALL the Essential Parenting Skills***

***Continue to look for WOW Moments*** and use Sportscasting/ Narration to talk about them

***Continue to Repeat Favorite Songs/Activities/Books*** with your child as often as possible.

### **Dear Caregiver Pages**

Read the Article on the back page: *He's Got Personality!*

Try giving your infant an After Bath Massage

Use the Fingerplay to teach children about washing their hands

Enjoy a pretend Trip to the Zoo!

## SESSION 16: CELEBRATE OUR TIME TOGETHER

### **0-3 Program Key Objectives:**

Enjoy favorite songs, games, activities and books from past sessions

Parents will explore what it means to be a Responsive Parent

Parents summarize what recovering parents can do to nurture a healthy family for themselves and their children.

### **Essential Parenting Skills used in this Session:**

#### All skills:

Centering  
Recognizing Baby Cues  
Using Baby Signs  
Reading to Children  
Following Children's Lead  
Turn Taking Interactions  
Sportscasting/Narration  
Making Simple Choices  
Continuity and Repetition  
Affirmations

### **Parents' Group (60 Minutes)**

#### ***Opening***

Greeting & Brief Check-In

Centering

Focus Question

Session Agenda, Group Agreements, Review

Announcements & Milestones

Supporting Healthy Attachment:  
*Responsive Parenting Exercise*

#### ***Insights for Living***

**Activity #2:** What Recovering Parents Can Do

**Activity #3:** Affirmations

#### ***Closing***

Homework: Explain what they are to do during the week

Review Focus Question

The Most Important Part of Today's Lesson ...

Serenity Saying

**Closing Celebration** (see next column)

### **During the Week**

***As group is ending this week, emphasize the importance of continuing to practice what they have learned:***

Give Daily Affirmations

Practice the Essential Parenting Skills

Have regular mealtimes

Continue to celebrate WOW Moments

Repeat Favorite Songs/Activities/Books with your child as often as possible.

### **Dear Caregiver Pages**

Read the Article on the back page: *Take Care of Myself!*

Read the information on the inside pages: *Children's First Five Years Hold the Key to Success Later in Life*

### **CLOSING CELEBRATION**

Parents reunite with their children for this celebration. Group Leaders offer their closing statements/affirmations to children and parents. Each site can plan other celebrations as desired – be creative!