The Nurturing Skills for Oregon Families™ (NSOF) curriculum has a flexible structure that allows providers to create a customized program for each family by selecting the lessons in the Lesson Guide that meet the specific needs of the family (http://www.nurturingparenting.com/nurturing_skills.php). Needs are identified from information provided by the caseworker, administration of the Adult-Adolescent Parenting Inventory (AAPI-2) and Nurturing Skills Competency Scale (NSCS), and consultation with the parents. The AAPI-2 is an assessment instrument designed to assess high risk parenting attitudes. The NSCS is an instrument designed to gather demographic and historical data on the family, as well as knowledge and utilization of Nurturing Parenting practices. The provider and the parent work together to create a customized Family Nurturing Plan (FNP) that delineates the number and sequence of the lessons and the length of the program. Each lesson can be utilized flexibly in a 120 minute session that includes a 30 minute educational component between the provider and the parent, a 75 minute parent-child visit/family nurturing time during which the provider can guide and coach the parent in utilizing the skills presented during the lesson, and a 15 minute debrief with the parent and the provider. Sessions are conducted in a visitation setting while a child is in foster care or in a home setting once approved by the caseworker or if the parent and child are reunified.

For this project a minimum of 16 sessions is required for each family, although it is anticipated that in many cases families will need additional sessions to successfully complete the program.

The goal of NSOF is for parents to achieve competency in each of the program’s core competency areas:

- Nurturing Parenting
- Making Good Choices
- Growth and Development of Children
- The importance of Touch
- Developing Empathy
- Managing and Communicating Feelings
- Managing Anger and Stress
- Understanding Discipline
- Rewards and Punishments
- Alternatives to Spanking
- Establishing Nurturing Parenting Routines

In addition, supplemental parenting lessons may be offered to meet the specific needs of some families on topics such as possessive and violent relationships, drug and alcohol dependency, and effects of second-hand smoke.

Parents are assessed for competencies throughout the program and providers complete monthly reports and individual visit reports that document completion of lessons and progress on the Family Nurturing Plan and whether and how competencies are achieved and demonstrated.

Couples who are working with DHS to achieve reunification together will participate in RBV sessions together. Parents who are separated and seeking reunification separately will participate in sessions separately. All those who play an active role in parenting responsibilities should be included in the program.

Below is a complete list of the Nurturing Parenting Lessons, arranged according to competency areas, available to tailor an individualized Family Nurturing Plan to meet families’ specific needs.
Nurturing Parenting Lessons by Competency Area

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

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