



SELF-AWARENESS

<p><u>NURTURER</u> How do you show affection, love, care for others?</p>	<p><u>NURTURED</u> How do you like to receive love, affection, care? Can we nurture ourselves?</p>
<p><u>PERPATRATOR/ABUSER</u> How and in what situations do you abuse others? Can we abuse ourselves?</p>	<p><u>VICTIM</u> How are you victimized? Can we victimize ourselves?</p>

One nurturing memory I have of my childhood is _____.

Parents can also share,

One nurturing memory I want my children to have of me is _____.

The feeling I had then was _____.

The feeling I have remembering this now is _____.

RULES OF RESPECT

Please be engaged in the process of learning and sharing

Take care of yourself

It's okay to have fun and please do

Cell phones and other distraction off or on vibrate

We will start on time

If you think it, say it

We will stay on task

Be sensitive to others' feelings

Listen when someone else is speaking

Speak your truth and recognize it as your truth

Respect others by staying engaged

Listen to understand not respond

TOP 10 COMMON FIDELITY ERRORS IN THE FIELD

1. **Providing “Child Focused” and not “Family System Focused” NP services**
 2. **Not taking the time to process and develop lesson plans outside the time with the parents. Lesson Preparation is a must! It shows respect to self, others & the work**
 3. **Preparing for disengagement by knowing beforehand how you will answer the discussion questions**
 4. **Honoring silence (what % of the time are you talking what % of the time are they talking)**
 5. **Check-in is to help ground families in the here and now (We are NOT asking parents a question like, how are you feeling?)**
 6. **Not asking or allowing enough time for the HPA from last week to let parents know the importance of it. “REAL” world application is a must.**
 7. **Doing #4 psycho educational, lecture & giving advise, before #3**
 8. **Not enough time with the experiential activities in the program because you do not like it, think the parents will like it or you did not make the time to prepare for them**
 9. **Assigning an HPA that is too difficult or too many steps, it is not in their routine or you did not do it with them to allow them to practice and feel success.**
 10. **HPA or Engagement/ Experiential activity lacks family system perspective**
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7 STEP FIDELITY IMPLEMENTATION™

1	Welcome, Check-in & Gratitude
2	Home Practice Assignment (HPA) Review
3	Discussion Questions or Brainstorm
4	Psycho-educational
5	Engagement - Experiential Activity Family Nurturing Time – (FNT)
6	Home Practice Assignment - (HPA) Family Nurturing Time – (FNT)
7	Checkout Session - Reflection