

## Nurturing Parenting Videos Resources

The following video resources are intended for use by parenting education facilitators. These videos are to be a resource in assisting with group facilitation by helping with self-care, self-awareness and preparation with participants attending Nurturing Parenting groups.

While these resource videos are publicly available, some videos cover topics such as domestic violence, child abuse, and addiction that may be sensitive or “triggering” for viewers. First 5 Stanislaus makes no warranties or representation concerning the content and any action taking by the viewer is strictly at their own risk. Viewer discretion is advised.

### Self-Awareness – Vulnerability

- Building awareness on becoming vulnerable in a classroom and how to teach with compassion <https://youtu.be/DVD8YRgA-ck>

### Empathy

- <https://youtu.be/1Ewgu369Jw>

### Communication

- <https://youtu.be/gCfzeONu3Mo>
- <https://youtu.be/1o30Ps-8is>
- Concentrates on “I” statements and the facts of why and what they need. <https://youtu.be/bShsyKUFjKE>

### Education on Trauma

- Effects of Trauma <https://youtu.be/brVOYtNMmKk>
- ACEs <https://youtu.be/95ovIJ3dsNk>
- ACEs <https://youtu.be/BWxSBoYDEbg>

### Violence Against Women

- <https://www.youtube.com/watch?v=IrYx7HaUIMY>

### Stress

- <https://youtu.be/FrfYcNFKi3A>

## Mindfulness

- <https://youtu.be/w6T02g5hnT4>

## Relation Exercises

- <https://youtu.be/m3-07gPsQK0>
- <https://youtu.be/8vkYJf8DOsc>

Other Nurturing Parenting Videos: <https://www.nurturingparenting.com/otvday1.html>

## Welcome, Orientation, Hopes & Fears

- <https://youtu.be/hhHI5qEtomA>

## Assessing Parenting Strengths

- <https://youtu.be/FWScSJKin1A>

## Parenting Styles

- Discusses that parents can be focused on raising adults, not so much children. <https://youtu.be/J-5URlswrQ8>
- Discusses the balance we need when it comes to parenting styles. <https://youtu.be/-iYLnoWoGrg>

## Understanding and Appreciating Innate Differences

- Discusses that different and "annoying" behaviors/traits can be someone's greatest STRENGTHS. <https://youtu.be/mU5WO93Kw4E>
- Discusses introverts and extroverts. <https://youtu.be/sfjN15zsPyQ>
- Discusses temperament. <https://youtu.be/5oxQbticjUI>

## Nurturing as a Lifestyle

- "Nurturing as a Philosophy" <https://youtu.be/bRMA13iN1AM>
- "Nurturing as a Lifestyle" <https://youtu.be/H1RKlbK7iYg>
- Fatherlessness IS an issue! <https://youtu.be/Bv9NkwYQVHc>
- Dad praising and motivating his daughter. <https://youtu.be/pC4WTc3CT5w>

## Nurturing Parenting and Young Child

- Discusses whether to spank or not to. Also gives alternatives to spanking. <https://youtu.be/MkAsyEKxlAo>
- Top 3 Parenting Tips. <https://youtu.be/v0LbPB6tMOU>

## Nurturing Parenting and Teen Relationship

- <https://youtu.be/5tVEIVifdlw>

## Emotional Regulation

- Emotional Regulation in Children <https://youtu.be/Qify-8LshGw>
- Emotional Regulation <https://youtu.be/FWScSJKjn1A>
- Responding VS Reacting [https://youtu.be/ePH\\_8DKEjls](https://youtu.be/ePH_8DKEjls)

## Change Happens

- Discusses their daughter and her struggles and how she was able to change for the better in school, behavior, etc. <https://youtu.be/Jhy6qHfvmOo>
- Discusses joy being the most terrifying emotion because in a split second, it can be taken away. <https://youtu.be/RKV0BWSPfOw>

## Life Script – Story About Me

- <https://youtu.be/-9rdvJhkzXE>

## Self-Identity

- <https://youtu.be/79HnuoJloyw>

## Cultural Identity

- <https://youtu.be/OnYXFletWH4>
- <https://youtu.be/Rz-zhLKOCLM>

## Personal and Family Values

- <https://youtu.be/S0zO7nGaCKc>

## Boundaries with Roles

- <https://youtu.be/t9PFISPIJA8>

## Sense of Purpose

- How to Find your Sense of Purpose. <https://youtu.be/NEfQ9qIkb5k>
- What is YOUR Purpose? <https://youtu.be/mK66az43EOI>

## Developing Empathy

- <https://youtu.be/t685WM5R6aM>

## Self-Care and Adult Needs

- <https://youtu.be/cohKoXx4jgg>

## Children and Teen Needs

- <https://youtu.be/QeLCumGkXd8>

## Grateful Children

- <https://youtu.be/56NPRplkWbk>

## Self-Worth

- <https://youtu.be/vnEf8z1aZns>

## Being and Doing

- How to praise for Being <https://youtu.be/306Mb6ASP84>
- Doing verses Encouragement/How to Praise to Encourage Children  
<https://youtu.be/j3hyvI84KaE>

## Self-Praise

- Different ways to love yourself <https://youtu.be/5zBxZsET2gs>

- Discusses how self-praise is Key! <https://youtu.be/-YESTkgoFHC>

#### Personal Power and Everyday Choices

- <https://youtu.be/tbnzAVRZ9Xc>

#### Children and Personal Power

- Dad motivates daughter. <https://youtu.be/pC4WTc3CT5w>
- Discusses that we as parents should be giving our children choices so that can feel a sense of power. <https://youtu.be/uOsWLIg4E38>

#### Brain Development

- How a child's brain develops in early experiences. <https://youtu.be/hMyDFYskZSU>
- Emotions and the Brain. <https://youtu.be/xNY0AAUtH3g>

#### Teen Brain Development

- <https://youtu.be/001u50Ec5eY>

#### Expectations and Development

- <https://youtu.be/7qmkytBeDs>

#### Developmental Stages

- <https://youtu.be/lhcgYgx7aAA>

#### Establishing Nurturing Routines

- <https://youtu.be/JPEm7khwoKk>
- [https://youtu.be/\\_58mqaWglaM](https://youtu.be/_58mqaWglaM)

#### Keeping My Child Safe

- <https://youtu.be/NIARvZ5Tkh8>

## Screen Time Safety

- Limiting screen time for children under 2 <https://youtu.be/ZqzzBYZxOKY>
- Dangers of social media [https://youtu.be/dbg4hNHsc\\_8](https://youtu.be/dbg4hNHsc_8)
- Study on allowing children to watch as much screen time. Effects on behavior and eating patterns. <https://youtu.be/KkiWS0fmnt0>

## The Importance of Parent/Child Touch

- <https://youtu.be/ErWfdjdOah8>

## Attachment

- <https://youtu.be/w3lB1cSMMFU>

## Why Parents Spank Their Children and Alternatives

- <https://youtu.be/MkAsyEKxIAo>

## Understanding Discipline

- <https://youtu.be/cidE59kOjHU>

## Family Morals and Values

- <https://youtu.be/BTQdzNJ4aXc>

## Family Rules

- Discusses how to get your children to listen and behave. <https://youtu.be/99sBluziPSQ>
- Discusses how having family rules and a routine is important for your children. [https://youtu.be/UMDT8qkh3\\_0](https://youtu.be/UMDT8qkh3_0)

## Positive and Negative Consequences

- <https://youtu.be/DVPO-xvV4A4>
- <https://youtu.be/bsCMWwyaWTK>

## Helping Children Learn to Handle Their Feelings

- Discusses why it is important to apologize. <https://youtu.be/U3Ou-578ekM>
- Helps us understand what emotions are, how to react, and 3 important tips. <https://youtu.be/cKQIOVjxmfS>

## Understanding and Handling Stress

- Discusses how stress affects our health. [https://youtu.be/\\_3u39hJBQ6w](https://youtu.be/_3u39hJBQ6w)
- Discusses anxiety and why we have it. Also discusses what happens when we do have anxiety. <https://youtu.be/rpolpKTWRp4>

## Understanding and Expressing Anger

- [https://youtu.be/BsVq5R\\_F6RA](https://youtu.be/BsVq5R_F6RA)

## Criticism Vs Cooperation

- Criticism [https://youtu.be/ql7uTsjHI\\_I](https://youtu.be/ql7uTsjHI_I)
- Cooperation <https://youtu.be/tEy2NFtGsJU>

## Parent and Teen Communication

- <https://youtu.be/OvdPxLfAsqo>

## Why Teens Stop Talking and 8 Things Parents Can Do

- <https://youtu.be/1GSvzgrBKaM>

## Negotiation and Compromise

- Discusses why we as humans are quick to blame someone else rather than ourselves. [https://youtu.be/RZWf2\\_2L2v8](https://youtu.be/RZWf2_2L2v8)
- Discusses how "I" messages are a great way to take responsibility and communicate. <https://youtu.be/s1ptGEE6u88>

## Trauma in Society

- <https://youtu.be/KsWacConZNw>

## Trauma with Family

- Discusses impacts of trauma on families. <https://youtu.be/ieTXrzmqm6k>
- Discusses trauma and the affects it has on the brain. <https://youtu.be/KoqaUANGvpA>

## Loss and Separation

- <https://youtu.be/Ks2DOoZtZ4A>

## Death of a Loved One

- <https://youtu.be/gsYL4PC0hyk>

## Understanding and Expressing Grief

- Understanding grief and knowing how to deal with the feelings that come with grief. [https://youtu.be/VSITLmBL\\_A0](https://youtu.be/VSITLmBL_A0)
- Children dealing with Grief <https://youtu.be/PfM7tSdpkmc>

## Friendship

- Healthy Friendships in Adults <https://youtu.be/hmJyWreER7A>
- Healthy Friendships from a Child's Perspective <https://youtu.be/H7w7yXkJTu0>

## Fear of Rejection

- [https://youtu.be/qviM\\_GnJbOM](https://youtu.be/qviM_GnJbOM)

## Love and Ideal Partner

- <https://youtu.be/s1xdoxplycg>
- <https://youtu.be/kznCxH675pc>

## Possessive and Violent Relationship

- <https://youtu.be/RVcinhuVu9M>
- <https://youtu.be/lidiWUZyrB4>
- Speaker discusses abusive relationships. She discusses why she stayed in her abusive relationship and when it was time to leave. [https://youtu.be/5609\\_5FRjhY](https://youtu.be/5609_5FRjhY)
- Tips on how to leave. <https://youtu.be/mSqly-gjufE>



## Healthy Intimate Relationships

- Discusses Healthy Relationship Habits <https://youtu.be/lwZIFG-3Y4o>
- The Gottman Study <https://youtu.be/ib7Ain2aVR0>

## Talking to Kids About Sex

- Discusses in general how to talk about sex with your children. <https://youtu.be/hllmOk6TUfc>
- Discussing LGBTQ with your children. <https://youtu.be/YQALwv9UJxl>

## Addiction

- Dealing with feelings towards addiction. <https://youtu.be/JD4O7ama3o8>
- Discusses how and why addiction happens. [https://youtu.be/HDFsx\\_Q7\\_Yk](https://youtu.be/HDFsx_Q7_Yk)

## Families and Substance Abuse

- <https://youtu.be/-3JImR1Ans>

## Keeping Kids Drug Free

- [https://youtu.be/yEpF4Q\\_FaqQ](https://youtu.be/yEpF4Q_FaqQ)

## Healthy Nutrition

- Healthy Habits for Children <https://youtu.be/dhpCdqOtuJ0>
- Discusses healthy habits in general. (More for adults) <https://youtu.be/c06dTj0v0sM>

## Moving Forward

- <https://youtu.be/NoLR2-Ao91c>

## Celebration

- <https://youtu.be/hhHI5qEtomA>