



Nurturing
Parenting
Programs

Nurturing Parenting Programs

APRIL 2021

The Nurturing Parenting Programs are a family-centered trauma-informed initiative designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting and child-rearing practices. The long-term goals are to prevent recidivism in families receiving social services, lower the rate of multi-parent teenage pregnancies, reduce the rate of juvenile delinquency and alcohol abuse, and stop the intergenerational cycle of child abuse by teaching positive parenting behaviors. Follow this newsletter on our Prairie Family Center website www.prairiefamilycenter.com for updates on classes, parenting advice and activities for the kiddos at home!

THE BENEFITS OF VALIDATING FEELINGS

Validation shows your child that they are important enough for you to listen to and understand. If your child does not feel heard or understood they may react by using emotions and behaviors to get you to pay attention. By using validation your child will feel that you take them seriously and you accept them. Your child may have less intense emotional reactions and be more willing to talk about their feelings. It can be very hard for parents to want to validate their child's feelings and behaviors when they seem strange, out of control, or dangerous and especially if they are aimed at you. It helps to remember that when you are validating your child's feelings you are not saying you agree with or like their behavior. Validation only means that you are listening and trying to understand your child's point of view.

REAL BENEFITS

- HELPS CHILDREN TO FEEL AND EXPRESS EMOTIONS
 - GAIN CONFIDENCE
 - DEVELOP A SECURE SENSE OF SELF
 - FEEL MORE CONNECTED TO THEIR PARENTS
 - HAVE BETTER RELATIONSHIPS IN ADULTHOOD

HOW DO I START USING VALIDATION?

1. TAKE A MOMENT BEFORE RESPONDING
2. THINK ABOUT WHAT MIGHT BE CAUSING YOUR CHILD'S CURRENT BEHAVIOR
3. DECIDE IF YOU ARE JUDGING YOUR CHILD OR YOURSELF IN THIS MOMENT
4. THINK ABOUT WHAT MIGHT BE CAUSING YOUR CHILD'S BEHAVIOR
5. PRACTICE MAKING STATEMENTS THAT CALM YOU AND YOUR CHILD

FEELINGS THERMOMETER

How do you feel?

What can you do about it?



ANGRY, FURIOUS, EXPLOSIVE

▶ Yelling, Stomping, Meltdown

- Vigorous physical exercise

- Breathe deep breaths

- Take a warm shower or bath



FRUSTRATED, ANNOYED, IRRITABLE

▶ Arguing, Refusing, Shutting down

- Meditate/pray

- Listen to favorite music

- Take a fast-paced walk



ANXIOUS, WORRIED, UNSETTLED

▶ Pacing, Avoiding, Clingy

- Talk to a family member/friend

- Pay attention to each of your 5 senses

- Focus on what you *can* control



SAD, NEGATIVE, LONELY

▶ Crying, Withdrawn, Slowed/Disengaged

- Set a positive goal for the day

- Call a friend or relative

- Journal about your feelings



HAPPY, CALM, CONTENT

▶ Smiling, Laughing, Engaged

- Help someone else

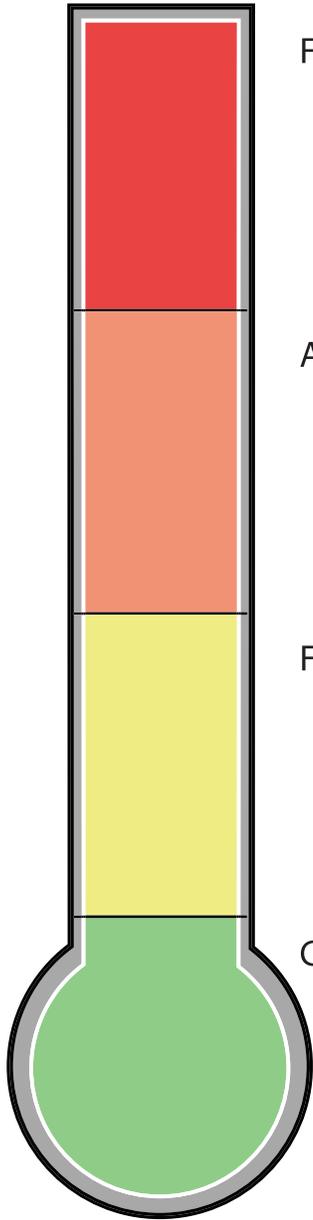
- Notice and enjoy your positive mood

- Engage in an enjoyable activity

Anger Thermometer

Name: _____

Write 2 things or situations that make you feel each of the emotions listed below.



Furious

- 1. _____
- 2. _____

Angry

- 1. _____
- 2. _____

Frustrated

- 1. _____
- 2. _____

Calm

- 1. _____
- 2. _____