



Nurturing Parenting Programs

JANUARY 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!

LEARNING TO PLAY WITH YOUR KIDS

All children benefit from unstructured playtime with other children, including their siblings, and even playing by themselves. But there are special benefits that come from playing with a parent or other loving adults. Playing with your child is one way to help him or her develop social skills and self-control. Children's minds are like little sponges. They soak up everything around them. As they interact with parents and others, they learn how people behave in social settings. They also learn what's acceptable by taking their cues from you. Your child craves interaction with you. Playing with other children is fun, but nothing compares to the joy and satisfaction of getting one's parent to enter your special world of make-believe. It's the stuff of memories!

PHYSICAL PLAY/PARENT CHILD PRETEND PLAY LEADS TO DEVELOPMENT OF SPECIFIC SKILLS

- CREATIVITY
- WORKING MEMORY
- GROSS MOTOR SKILLS
- COGNITIVE FLEXIBILITY
- REGULATION OF EMOTIONS
- PEER GROUP LEADERSHIP

NEW IDEAS FOR PLAYING WITH YOUR CHILD

- **SORTING TOYS:** LEARNING ABOUT NUMBERS, SHAPES AND GROUPING OBJECTS.
 - **PUZZLES:** LEARNING ABOUT SHAPES, SIZES, NUMBERS.
- **PRETEND PLAY AND DRESS UP:** SOCIAL AND EMOTIONAL DEVELOPMENT.
- **STORYTELLING:** LEARNING ABOUT AND DEVELOPING LANGUAGE SKILLS.
 - **THROWING AND CATCHING:** MOTOR SKILLS, PHYSICAL DEVELOPMENT.