



Nurturing
Parenting
Programs

Nurturing Parenting Programs

JULY 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!

LISTENING TO YOUR CHILD

Anyone who has been attentively listened to experiences feeling valued, respected, and understood. However, based on the study, listening helps children in ways that aren't necessarily obvious. A caring parent can significantly increase the odds that a child will complete their homework. In fact, a caring parent can increase the odds of completed homework by six times—a substantial increase, especially if your child is struggling in school. In fact, empathizing with and listening to your child can have even more impact than regular family meals together. Simply listening can help your child process and handle trauma. When you listen to your child, you can help them process through many of the things they have experienced. Sitting down to have a discussion about traumatic events—or even just opening the door for those conversations—can help your child better face those events. Not only that, but it also increases the odds that they will not have to repeat a grade in school for the year. Listening to your child helps them show more interest in school. A child is more likely to be engaged at school if they have a parent to sit down and listen to at home.

HOW TO ENGAGE IN ACTIVE LISTENING

- Put your phone down and make eye contact.
- Take the conversation slowly, letting your child's words sink in.
- Offer what's called a "reflection statement." Repeat back exactly what your child said without twisting or trying to interpret their words. This shows you are paying attention.
 - Try not to downplay your child's concerns.

THE BENEFITS OF LISTENING TO YOUR CHILD

- It strengthens the parent-child bond.
- It opens the lines of communication. And you want them open.
 - It helps to build self esteem