



Nurturing  
Parenting  
Programs

# Nurturing Parenting Programs

## MARCH 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](http://www.prairiefamilycenter.com) for updates on classes, parenting advice and activities for the kiddos at home!

### THE BENEFITS OF READING BEDTIME STORIES

It may not come as a shock that reading to children is majorly beneficial to their development. But did you know that a child's reading level in third grade is a key indicator of their future educational success? Luckily, you're an awesome parent who's ready to teach them the joy of reading from a young age, right? Because if you're reading this, then you clearly care about your little ones and want to learn how reading out loud really helps their growth. So, let's take a closer look at how your kiddo can benefit from bedtime stories.

### REAL BENEFITS

- It enriches their language development on multiple levels.
- It grows their imagination and appreciation for stories.
  - It gives them an outlet for empathy
- It builds their vocabulary so they can be well spoken.
  - It encourages engagement and conversation.
  - It offers a chance to be silly with your little one.

### HOW TO MAKE READING INTERESTING FOR MY KIDS

1. PICK THE RIGHT BOOKS
2. READ ALOUD
3. ACT OUT THE STORY
4. ENCOURAGE ALL FORMS OF READING
5. CHOOSE BOOKS ABOUT HIS OR HER INTERESTS
6. CREATE A READING SPACE
7. MAKE CONNECTIONS BETWEEN BOOKS AND LIFE
8. TAKE A TRIP TO THE LIBRARY